

# Hell & Heaven

**COPPERKNOB**  
STEPSHEETS

拍數: 36      牆數: 4      級數: Beginner  
編舞者: Danilo Carta (IT) - October 2021  
音樂: Hell Bent and Heaven Bound - Buddy Jewell



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## SECTION 1: SWIVEL RIGHT FOOT TO RIGHT, STOMP, SWIVEL LEFT FOOT TO LEFT, STOMP

1-2-3      swivel R foot to right (toe, heel)  
& 4      stomp L beside R  
5-6-7      swivel L foot to left (toe, heel)  
& 8      stomp R beside L

## SECTION 2: ROCKIN CHAIR RIGHT, HEEL RIGHT/LEFT OUT FWD, IN RIGHT, HOOK LEFT

1-2      rock fwd on R, return on L  
3-4      rock back on R, return on L  
5-6      hell R fwd out, heel L fwd out  
7-8      return in R, hook L

## SECTION 3: ROCK STEP LEFT, TURN ½ TO LEFT, SCUFF RIGHT, WAVE RIGHT

1-2      rock fwd on L, return on R  
3-4      turn ½ to left and step L fwd, scuff R beside L  
5-6      step side R to right, cross L behind R  
7-8      step side R to right, cross L in front of R

## SECTION 4: JAZZBOX RIGHT (JUMPING), SCUFF LEFT, STEP LEFT FWD, TURN ½ TO RIGHT, TURN ¼ TO RIGHT, STOMP, HOLD

1-2      cross R in front of L (jumped), step side L to the left (jumped)  
3-4      step side R to right (jumped), scuff L beside R  
5-6      step L fwd, turn ½ to right  
7-8      turn ¼ to right, stomp L beside R, hold

## SECTION 5: HEEL SWITCHES RIGHT, HEEL LEFT FWD, JUMP FWD (TWICE)

1&2      heel R fwd, step R beside L, heel L fwd  
3-4      jump R/L fwd x 2

\*\*\*RESTARTS = 3

RESTART 1: on 5th wall after 32 counts

RESTART 2: on 10th wall after 32 counts

RESTART 3: on 14th wall after 20 counts

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