

# To Hell & Back

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Cato Larsen (NOR) - 2 March 2022  
音樂: Take You To Hell - Ava Max



Alt. CD: Ava Max – Heaven & Hell (2020).  
Intro: Start the dance after 16 counts of singing (28 seconds).  
Motion: Novelty.

## [1 – 8] Mambo Step, Sailor ½ turn, Mambo Step, Sailor ¼ turn.

1&2      Step forward on right (1), Rock (recover) back again on left (&), Step back on right (2). 12:00  
3&      Starting to turn left; Cross left behind right (3), Turn ¼ turn left Stepping right next to left (&).  
9:00  
4      Turn ¼ turn left Stepping forward on left (4). 6:00  
5&6      Step forward on right (5), Rock (recover) back again on left (&), Step back on right (6).  
7&      Starting to turn left; Cross left behind right (7), Turn ¼ turn left Stepping right next to left (&).  
3:00  
8      Step left slightly to left side (8).

## [9 – 16] Cross Rock, Side, Weave, Vaudeville.

1&2      Cross right over left (1), Rock (recover) back again onto left (&), Step right to right side (2).  
3&4      Cross left over right (3), Step right to right side (&), Cross left behind right (4).  
&5      Step right slightly right (&), Touch left heel diagonally forward left (5).  
&6      Step left next to right (&), Cross right over left (6).  
&7      Step left slightly to left side (&), Touch right heel diagonally forward right (7).  
&8      Step right next to left (&), Cross left over right (8).

## [17 – 24] Unwind & Sweep, Back Rock Step, Flick, Side, Flick, Side, Ball-Side, Sailor Step.

1      Unwind ¾ turn right Sweeping right foot clockwise backwards (1). 12:00  
2&3      Cross right behind left (2), Rock (recover) forward again onto left (&), Step right to right side  
(3).  
&4      Flick left foot behind right leg (&), Step left to left side (4).  
&5      Flick right foot behind left leg (&), Step right to right side (5).  
&6      Step left next to right (&), Step right to right side (6).  
7&8      Cross left behind right (7), Step right slightly right (&), Step left slightly left (8).

## [25 – 32] Weave, Point, Modified Monterey turn, Side Rock, Cross Rock, ¼ turn.

1&      Cross right over left (1), Step left to left side (&).  
2&      Cross right behind left (2), Step left to left side (&).  
3&4      Cross right over left (3), Step left to left side (&), Point right toe to right side (4).  
5      Turn (spin) ½ turn right Stepping right next to left (5). 6:00  
6&      Step left to left side (6), Rock (recover) back again onto right (&).  
7&      Cross left over right (7), Rock (recover) back again onto right (&).  
8      Turn ¼ turn left Stepping forward on left (8). 3:00