



## 2 Hell And Back

Description: 32 count, 2 wall, beginner  
Choreographed by: Rob Fowler & Kate Sala (June 2006)  
Choreographed to: If You're Going Through Hell – Rodney Atkins

### Right side rock, cross shuffle, side ¼ turn right, cross shuffle

1-2 Rock right to right side, recover on left  
3&4 Step right across left, step left to left side, step right across left  
5-6 Step left to left side, make ¼ turn right stepping right to right side  
7&8 Step left across right, step right to right side, step left across right

### Right side rock, cross shuffle, side ¼ turn right, cross shuffle

9-10 Rock right to right side, recover on left  
11&12 Step right across left, step left to left side, step right across left  
13-14 Step left to left side, make ¼ turn right stepping right to right side  
15&16 Step left across right, step right to right side, step left across right

### Touch right side, left heel touch forward, right kick&coaster, step, touch

17&18 Touch right to right side, step right next to left, touch left heel forward  
&19 Step left next to right, kick right forward  
20-21 Step right backwards, step left next to right, step right forward  
22-23-24 Step left forward, touch right next to left, step back on right

### Left shuffle back, right coaster step, walk clap walk clap, left side rock cross

25&26 Step back on left, step right next to left, step back on left  
27&28 Step back on right, step left next to right, step forward on right  
29&30& Step forward on left, clap, step forward on right, clap  
31&32 Rock left to left side, recover on right, cross left over right

**REPEAT**