

DONT SWEAT IT!

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate level

Choreographer: Levi J Hubbard

Music: If You're Going Through Hell by Rodney Atkins [116 bpm/ CD: If You're Going Through Hell]

(RIGHT) SUGAR FOOT, CROSSING SHUFFLE, (LEFT) SUGAR FOOT, CROSSING SHUFFLE

- 1** Touch right toe next to left foot, while swiveling left heel right
- 2** Touch right heel next to left foot, while swiveling left heel left
- 3&4** Cross step right over left foot, slightly step left to side, cross step right over left foot
- 5** Touch left toe next to right foot, while swiveling right heel left
- 6** Touch left heel next to right foot, while swiveling right heel right
- 7&8** Cross step left over right foot, slightly step right to side, cross step left over right foot. Let your body swivel naturally during the sugar foot patterns

KICK & KICK, COASTER STEP, STEP FORWARD, ½ PIVOT TURN (RIGHT), HEEL & HEEL

- 9&** Kick right slightly forward, cross hook over left foot
- 10** Kick right slightly forward
- 11** Step back on (ball of) right foot
- &12** Step together on (ball of) left foot, step forward on right foot
- 13** Step left forward
- 14** On (balls of) both feet, pivot ½ turn right
- 15** Tap left heel forward
- &16** Step left together, while tapping right heel forward

& STEP, (LEFT) JAZZ WITH SHUFFLE, (RIGHT) JAZZ WITH SHUFFLE

- &17** Step right together, while cross stepping left foot over right
- 18** Step right backward
- 19&20** Shuffle slightly to left side
- 21** Cross step right over left foot
- 22** Step left backward
- 23&24** Shuffle slightly to right side

¼ (LEFT) HEEL GRIND, COASTER STEP, STEP FORWARD, ½ PIVOT TURN (LEFT), WALK FORWARD

- 25** Tap left heel forward
- 26** Grind heel left turning ¼ turn left
- 27** Step back on (ball of) left foot
- &28** Step together on (ball of) right foot, step forward on left foot
- 29** Step right forward
- 30** On (balls of) both feet, pivot ½ turn left
- 31** Step right forward

31 Step left forward REPEAT EMail: sdlinedancer2004@yahoo.com