

IF YOU'RE GOING THROUGH HELL

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Count: 32

Wall: 4

Level: Beginner/Intermediate level

Choreographer: Holly Ruschman

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

Begin on vocals SHUFFLE BACK, SHUFFLE BACK, ROCK STEP, ½ TURNING SHUFFLE

- 1&2** Shuffle back, right, left, right going back, body facing diagonally right
- 3&4** Shuffle back, left, right, left, going back, body facing diagonally left
- 5-6** Rock back on right, forward on left
- 7&8** Shuffle, right, left, right while turning ½ left

BACK, LOCK, BACK, TOUCH, SIDE TOGETHER, SIDE TOGETHER

- 1-2** Step back on left, lock right toe in front of left
- 3-4** Step back on left, step right toe next to left, clap
- 5-6** Step right to right side, touch left toe next to right, clap
- 7-8** Step left to left side, touch right toe next to left, clap

STEP, HOLD, STEP, STEP, HOLD, TURN, TURN, TRIPLE STEP

- 1-2** Step right foot out to right side, hold
- &3-4** Quickly step left next to right, step right to right, hold, clap
- 5-6** Turn ¼ left on left foot, step back on right for ½ turn left
- 7&8** ¼ left triple step, left, right, left, completing a full turn

HEEL, STOMP, TOE, STOMP, KICK, CROSS, HEELS UP, HEELS DOWN

- 1-2** Right heel forward, stomp next to left
- 3-4** Point right toe back, stomp next to left
- 5-6** Kick right foot forward, cross right toe over left shin

7-8 Bring both heels up and do ¼ turn to left, bring heels down, clap REPEAT