

Hell & Heaven

COPPER KNOB
STEPSHEETS

Count: 36

Wall: 4

Level: Beginner

Choreographer: Danilo Carta (IT) - October 2021

Music: Hell Bent and Heaven Bound - Buddy Jewell



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