

# Hell And Back

Count: 32

Wall: 4

Level: Improver

Choreographer: Marianne van der Toorn Vrijthoff (NL) - July 2025

Music: Hell And Back - Jennifer Nettles & Kevin Bacon



Intro: 16 counts

## SEC 1: SIDE, TOUCH, SIDE, TOUCH, SIDE-TOGETHER-FWD, SIDE, TOUCH, SIDE, TOUCH, SIDE-TOGETHER-FWD

- 1&2& RF. step to R-side – LF. tap toe next to RF and clap – LF step to L-side – RF tap toe next to LF and clap  
3&4 RF. step to R-side – LF. step together - RF. step fwd  
5&6& LF. step to L-side – RF. tap toe next to LF and clap - RF. step to R-side – LF tap toe next to RF and clap  
7&8 LF. step to L-side – RF. step together – LF. step fwd (12.00)

## SEC 2: MAMBO 1/2-R, SHUFFLE 1/2-R, COASTER STEP, SHUFFLE FWD

- 1&2 RF. rock fwd – LF. recover – RF. 1/2 turn R (6.00)  
3&4 LF. 1/4 turn R, step to L-side - RF. next to RF – LF. 1/4 turn R, step back (12.00) \*Restart wall 7  
5&6 RF. step back – LF. step together – RF. step fwd  
7&8 LF. step fwd – RF. step together – LF. step fwd

## SEC 3: SIDE ROCK, CROSS, SIDE ROCK, CROSS, ROCK FWD, RECOVER, 1/4 R, CROSS SHUFFLE

- 1&2 RF. rock to R-side – LF. recover – RF. cross over LF  
3&4 LF. rock to L-side – RF. recover – LF. cross over RF \*Restart wall 2 and 4  
5&6 RF. rock fwd – LF. recover – RF. 1/4 turn R (3.00)  
7&8 LF. cross over RF – RF. step to R-side – LF. cross over RF

## SEC 4: STEP DIAG-R FWD, TOUCH, STEP DIAG-L FWD, TOUCH (X2), HEEL, HOOK, HEEL, TOUCH, SWIFFEL R-L-R-L

- 1&2& RF. step diag R-fwd – LF. tap toe next to RF – LF. step diag L-fwd – RF. tap toe next to LF  
3&4& RF. step diag R-fwd – LF. tap toe next to RF – LF. step diag L-fwd – RF. tap toe next to LF  
5&6& RF. heel fwd - RF hook for L-knee – RF. heel fwd – RF. step next to LF  
7&8& L+R. swiffel heels to R-L-R-L

### RESTART 1 EN 2:

In wall 2 (3.00) and wall 4 (6.00): after count 20

### RESTART 3:

In wall 7 (12.00): after count 12

ENDING: the music slows down....

Dans to count 8.

Then doe: R-ROCK FWD, RECOVER, 1/2 TURN R, L-STEP FWD