

If You're Going Through Hell

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Holly Ruschman (USA)

Musique: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins

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