

2 Hell And Back

COPPER KNOB
BY THE POUND

Count: 32

Wall: 4

Level: Beginner level

Choreographer: Rob Fowler (ES) & Kate Sala (UK) - April 2006

Music: If You're Going Through Hell - Rodney Atkins



Start: On vocals

[1-8] Right side rock, Cross shuffle, Side ¼ turn right, Cross shuffle.

1,2□ Rock right to right side, recover weight onto left

3&4□ Step right across left, step left to side, step right across left,

5,6□ Step left to left side, make a ¼ turn right stepping right to right side

7&8□ Step left across right, step right to side, step left across right

[9-16] Right side rock, Cross shuffle, Side ¼ turn right, cross shuffle.

1,2□ Rock right to right side, recover weight onto left

3&4□ Step right across left, step left to side, step right across left,

5,6□ Step left to left side, make a ¼ turn right stepping right to right side

7&8□ Step left across right, step right to side, step left across right

[17-24] Touch right side, touch left heel forward, right kick and coaster, step forward, touch step back

1&2□ Touch right to right side, step right foot next to left, touch left heel forward

&3,4□ Bring left foot back next to right, kick right foot forward

5&6 □ Right coaster

7 & 8 Step forward on left, touch right toe next to left, step back on right

[25-32] Left shuffle back, Right coaster step, Walk clap walk clap, Left side rock cross

1&2□ Step back left, step right next to left, step back on left

3&4□ Step back on right, step left next to right, step forward on right

5&6& □ Step forward left, clap, step forward right clap

7&8□ Rock left to left side, recover, cross left over right.

START OVER
