

CD 2-6



Dance with Norm

(262) 9302698

Email nrennert2002@yahoo.com

www.dancewithnorm.com

Goin Thru Hell

Choreographed by Helen Born & Nita Lindley

Description: 32 count, 4 wall, beginner/intermediate line dance

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

RIGHT AND LEFT SIDE ROCKS WITH CROSSES

- 1-2-3&4 Side rock on right, recover left, step right behind left, step left,
cross right over left
- 3-4-5&6 Side rock on left, recover right, step left behind right, step right,
cross left over right

FULL TURN LEFT, RIGHT & LEFT SIDE SHUFFLES

- 1-2-3-4 Step forward on right, pivot $\frac{1}{2}$ turn left, step forward on right,
pivot $\frac{1}{2}$ turn left
- 5&6-7&8 Step right to right, step left next to right, step right, step left
to left, step right next to left, step left

KICKBALL CHANGE TWICE, $\frac{1}{2}$ TURN RIGHT, WITH BUMPS

- 1&2-3&4 Kick right forward, step right beside left, step left in place, kick
right forward, step right beside left, step left in place
- 5-6-7&8 Cross right toe behind left heel, unwind $\frac{1}{2}$ turn right (with weight on
both feet), bump hips left, right, left

FORWARD RIGHT SHUFFLE, KICK, KICK, COASTER STEP, $\frac{1}{4}$ TURN LEFT

- 1&2-3-4 Forward shuffle right, left, right, kick left forward twice
- 5&6-7-8 Step back on left, close right next to left, step forward left, step
forward right, pivot $\frac{1}{4}$ turn left

REPEAT