

IF YOU'RE GOING THROUGH HELL



Music: If you're going through hell by Rodney Atkins
 Choreo: Cheryl Holland (Bayside Cloggers, Melbourne Vic)
 Level: Intermediate
 Sequence: Wait 8 Beats, Intro A B A B* C B* Ending

Beats	Steps		Beats	Steps	
<u>Intro - 32 Beats</u>			<u>Part C - 32 Beats</u>		
4	Jump Hop 2 Step		8	Rockaway Turkey Trot	
4	Stomp Double	½ R	4	Joey	
8	No Name Double		4	Karate	½ R
16	- Repeat above steps - Opposite Footwork		8	Cowboy Basic	½ L
<u>Part A - 64 Beats</u>			<u>Part B* - 64 Beats</u>		
8	M J Heel Pivot	¾ R			
8	2 Donkeys		16	2 Red Roosters	L & R
32	- Repeat 2 more times -		8	Samantha	
8	M J Heel Pivot	¾ R	4	Half Double Heel Pivot	½ R
4	2 Unclogs		4	Triple	
4	Sync Slide		32	- Repeat to face front -	
<u>Part B - 32 Beats</u>			<u>Ending - 41 Beats</u>		
16	2 Red Roosters	L & R	8	Samantha	
8	Samantha		4	Jump Hop 2 Step	
4	Jump Hop 2 Step		4	Stomp Double	
4	Stomp Double		4	Half Lucky	
<u>Part A - 64 Beats</u>			4	Triple	
8	M J Heel Pivot	¾ R	4	Jump Hop 2 Step	
8	2 Donkeys		4	Stomp Double	
32	- Repeat 2 more times -		4	Half Lucky	
8	M J Heel Pivot	¾ R	4	Triple	
4	2 Unclogs		1	Stomp	
4	Sync Slide				
<u>Part B* - 64 Beats</u>					
16	2 Red Roosters	L & R			
8	Samantha				
4	Half Double Heel Pivot	½ R			
4	Triple				
32	- Repeat to face front -				



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Step Explanations: If you're going through hell

Jump Hop 2 Step: 4 Beats

DT BA(xif) HOP BA(bs) HOP S RS
L L L R R L RL
& 1 & 2 & 3 & 4

Stomp Double: 4 Beats

(P) STO DS DS RS
R L R LR
& 1 & 2 & 3 & 4

No Name Double: 8 Beats

DS BR(UP) SL TCH(XIF) SL DT(OTS) SL TT(BK) SL BR SL DS DS
L R L R L R L R L R L R L
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

M J Heel Pivot: 8 Beats (Turn $\frac{3}{4}$ R on H PVT)

DS DS(XIB) R H(WGT & F)S[DS DS DS RS] - (FWD)
L R L R L R L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Donkey: 4 Beats

DS Tch(xif) H Tch(f) H RS
L R L R L RL
& 1 & 2 & 3 & 4

Unclog: 2 Beats

STA STO BR H
L L R L
& 1 & 2

Sync Slide: 4 Beats

(P) S DS S DS Lift/SL
L R L R L/R
& 1 & 2 & 3 & 4

Triple: 4 Beats

DS DS DS RS
L R L RL
& 1 & 2 & 3 & 4

Red Rooster: 8 Beats

DS DS(xif) S(ots) S(xib) S(ots) S(xif) DS RS RS RS
L R L R L R L RL RL RL
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Samantha: 8 Beats

DS DS(xif) DR S(bk) DR S(bk) RS DS DS RS
L R R L L R LR L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Karate: 4 Beats

DS K(PVT 1/2 R) (P) S DR SL
R L L L L
& 1 & 2 & 3 & 4

Half Double Heel Pivot: 4 Beats

DS DS(xib) R H(wgt) Pvt(1/2 R) (P) S DS DS RS RS
L R L R L L R LR LR
& 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4

Fancy Double : 4 beats

Rockaway Turkey Trot: 8 Beats

R H(OTS) FL S DS RS R H(OTS) FL S DS RS
L R R L R LR L R R L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Joey: 4 Beats

DS BA(xib) BA(ots) BA(ots) BA(xib) BA(bs) S (P) STO
L R L R L R L L
& 1 & 2 & 3 & 4 & 1

Pause Stomp: 1 Beat

Cowboy Basic: 8 Beats (Turn on $\frac{1}{2}$ L on basics)

[DS DS DS BR(XIF) SL] - (FWD) [DS(XIF) RS DS(XIF) RS] - (BK)
R L R L R L L R L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Half Lucky: 4 Beats

DT BA/BA(H'S OUT) BA/BA(H'S IN) H/H(WGT) H/H(T'S IN) FL RS
L L/R L/R L/R L/R R LR
& 1 & 2 & 3 & 4