

## Before The Devil

Choreographed by: Alan G Birchall (UK) May 2006

Choreographed to: 'If You're Going Through Hell' by Rodney Atkins (156 bpm) from CD If You're Going Through Hell (32 count intro)

Choreographer's Note: Many thanks to Rick for bringing this music to my attention - great uplifting track!

Music Suggestion: 'Let Me Entertain You' by Robbie Williams (128 bpm)

### Section 1 Side Rock, Cross Shuffle, 1/2 Turn Right, Forward Shuffle

- 1 – 2 Rock right to right side. Recover onto left.
- 3 & 4 Cross right over left. Step left to left side. Cross right over left.
- 5 – 6 Make 1/4 right stepping back onto left. Turn 1/4 right stepping right to right side.
- 7 & 8 Step left forward. Close right beside left. Step left forward.

### Section 2 Walk x 2, Kick Ball Step, Cross, Side, 1/4 Right Sailor Turn

- 1 – 2 Walk forward right. Walk forward left.
- Option: Make full turn left stepping right, left.**
- 3 & 4 Kick right forward. Step right beside left. Step left forward.
- 5 – 6 Cross right over left. Step left to left side.
- 7 & Turning 1/4 right sweep right behind left. Step left beside right.
- 8 Step right forward. (9:00)

### Section 3 Full Turn Left (travelling forward), Heel Switches, Hand Claps

- 1 – 2 Turn 1/4 left stepping left forward. Turn 1/4 left stepping right back.
- 3 – 4 Turn 1/4 left stepping left to side. Turn 1/4 left stepping right forward.
- Option: Replace turn with 4 walks forward - left, right, left, right.**
- 5 & Touch left heel forward. Step left beside right.
- 6 & Touch right heel forward. Step right beside left.
- 7 & 8 Touch left heel forward. Clap hands twice.

### Section 4 & Rock, Triple Full Turn Right, Cross, Side, Behind, Side, Cross

- & 1 – 2 Step left beside right. Rock forward on right. Recover back onto left.
- 3 & 4 Triple full turn right, stepping - right, left, right.
- Option: Replace turn with right coaster step.**
- 5 – 6 Cross left over right. Step right to right side.
- 7 & 8 Cross left behind right. Step right to right side. Cross left over right.

Quelle:

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