

If You're Going Through Hell

Intermediate – Country – Moderate Tempo

Music By: Rodney Atkins; CD "If You're Going Through Hell"

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Wait 8 Beats

Sequence: A B B *C B B C C A C C **C A & Step

(Note: *C = Chain 360 L & R to end facing front; **C = 8 beats, Only do Dbl Out Bounce & 2 Basics)

Part A: 32 Beats

MJ Run DS DS(B) RS (pause) S RS RS DS RS (diagonally R)
L R LR L RL RL R LR
&1 &2 &3 & 4 &5 &6 &7 &8

Football DS K/H RS K/H RS DS RS K/H (1/2 L)
L R L RL R L RL R LR L R
&1 &2 &3 &4 &5 &6 &7 &8

Repeat To Face Front

Part B: 32 Beats

Rooster Tail DS DS(XIF) S(O) S(B) S(O) S(XIF) DS BR/SL DS(XIF) T/SL (Moving L)
L R L R L R L R L R L R LR
&1 &2 & 3 & 4 &5 & 6 &7 &8

Black Mt. & 2 Pot Hole Basics DS H H (pause) T(B) S/H SL(3/4L) D/H-OUT H-IN DROP-H D/H-OUT H-IN DROP-H
L RR R RL R L Both Both L R Both Both R
&1 &2 & 3 & 4 & 1 & 2 & 3 & 4

Joel's Lasso DS DS DS BR/SL RS BR/SL RS RS (forward)
L R L R L RL R L RL RL
&1 &2 &3 & 4 &5 & 6 &7 &8

Macnamara Spin H/S(O) S(B) S(O) H/S(O) S(B) S(O) H-SPIN(1/2L) S DS RS (1/4L)
RR L R LL R L R LR LR

Part C: 32 Beats

Ida Red D(B) BR/SL DS S/SL DS RS DS BR/SL
L L R L RR L RL R L R
&1 & 2 &3 &4 &5 &6 &7 & 8

3-2-1 DS DS(XIF) DS D(U) D(U) DS RS BR/SL (moving forward)
L R L R R R LRL R
&1 &2 &3 &4 &5 &6 &7 & 8

Dbl Out Bounce & 2 Basics DS D(O)(pause) BO(L-XIF) H(O)/S SL DS RS DS RS
L R Both L R R L RL R LR
&1 &2 & 3 & 4 &1 &2 &3 &4

2 Chains DS RS RS RS (360L) DS RS RS RS (1/2R)
L RL RL RL R LR LR LR
&1 &2 &3 &4 &1 &2 &3 &4