



# To Hell & Back

Choreographed by Cato Larsen  
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<b>Description:</b>	32 counts, 4 Wall Line Dance.
<b>Nivå:</b>	Eise Intermediate.
<b>Musikk:</b>	Take You To Hell – Ava Max.
<b>Alt.</b>	
<b>CD:</b>	Ava Max – Heaven & Hell (2020).
<b>Intro:</b>	Start the dance after 16 counts of singing (28 seconds).
<b>Motion:</b>	Novelty.
<b>Tempo:</b>	87 BPM.
<b>SOD:</b>	Speed of Dance; Normal
<b>Videolink:</b>	<a href="https://www.youtube.com/watch?v=oCAqvLGyEdI&amp;ab">https://www.youtube.com/watch?v=oCAqvLGyEdI&amp;ab</a>
<b>Dance nr:</b>	156 (Of Cato's Choreography).

<b>1 – 8</b>	<b>Mambo Step, Sailor ¼ turn, Mambo Step, Sailor ¼ turn.</b>	
1&2	Step forward on right (1), Rock (recover) back again on left (&), Step back on right (2).	12:00
3&	Starting to turn left; Cross left behind right (3), Turn ¼ turn left Stepping right next to left (&).	9:00
4	Turn ¼ turn left Stepping forward on left (4).	6:00
5&6	Step forward on right (5), Rock (recover) back again on left (&), Step back on right (6).	
7&	Starting to turn left; Cross left behind right (7), Turn ¼ turn left Stepping right next to left (&).	3:00
8	Step left slightly to left side (8).	
<b>10 – 16</b>	<b>Cross Rock, Side, Weave, Vaudeville.</b>	
1&2	Cross right over left (1), Rock (recover) back again onto left (&), Step right to right side (2).	
3&4	Cross left over right (3), Step right to right side (&), Cross left behind right (4).	
&5	Step right slightly right (&), Touch left heel diagonally forward left (5).	
&6	Step left next to right (&), Cross right over left (6).	
&7	Step left slightly to left side (&), Touch right heel diagonally forward right (7).	
&8	Step right next to left (&), Cross left over right (8).	
<b>17 – 24</b>	<b>Unwind &amp; Sweep, Back Rock Step, Flick, Side, Flick, Side, Ball-Side, Sailor Step.</b>	
1	Unwind ¾ turn right Sweeping right foot clockwise backwards (1).	12:00
2&3	Cross right behind left (2), Rock (recover) forward again onto left (&), Step right to right side (3).	
&4	Flick left foot behind right leg (&), Step left to left side (4).	
&5	Flick right foot behind left leg (&), Step right to right side (5).	
&6	Step left next to right (&), Step right to right side (6).	
7&8	Cross left behind right (7), Step right slightly right (&), Step left slightly left (8).	
<b>25 – 32</b>	<b>Weave, Point, Modified Monterey turn, Side Rock, Cross Rock, ¼ turn.</b>	
1&	Cross right over left (1), Step left to left side (&).	
2&	Cross right behind left (2), Step left to left side (&).	
3&4	Cross right over left (3), Step left to left side (&), Point right toe to right side (4).	
5	Turn (spin) ½ turn right Stepping right next to left (5).	6:00
6&	Step left to left side (6), Rock (recover) back again onto right (&).	
7&	Cross left over right (7), Rock (recover) back again onto right (&).	
8	Turn ¼ turn left Stepping forward on left (8).	3:00