

Hammer to the Heart

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Judy Rodgers (USA) - May 2024

Music: Hammer to the Heart - Teddy Swims : (Amazon)



#8 count intro - 1 Tag

S1: Turn 1/4 R monterey, rock recover, coaster step

- 1-2 Touch R toe to right side, turn 1/4 right step R beside L 3:00
- 3-4 Touch L toe to left side, step L beside R
- 5-6 Rock R forward, recover to L
- 7&8 Step R back, step L beside R, step R fwd

S2: Behind, side, cross and cross, turn 1/4 L, turn 1/4 L, shuffle fwd

- 1-2 Step L behind R, step R to right side
- 3&4 Cross L over R, step R to right, cross L over R
- 5-6 Turn 1/4 left stepping back R, turn 1/4 left stepping L to left side 9:00
- 7&8 Shuffle fwd R L R

S3: Rock recover, shuffle back, back rock, shuffle turn 1/2 L

- 1-2 Rock L fwd, recover R
- 3&4 Step L back, step R beside L, step L back
- 5-6 Rock R back, recover L
- 7&8 Turn 1/2 left step R back, step L beside R, step R back 3:00

S4: Turn 1/4 L point, turn 1/4 R touch, turn 1/4 L, turn 1/4 L, sailor step

- 1-2 Turn 1/4 left step L to left side, point R to right side 12:00
- 3-4 Turn 1/4 right step R beside L, touch L beside R 3:00
- 5-6 Turn 1/4 left step L fwd, turn 1/4 left step R to right side 9:00
- 7&8 Step L behind R, step R to right side, step L to left side

***** 8-count Tag danced after Wall 6 (facing 6:00.....restarts facing 6:00)*****

Step touch step touch, sway, sway, sway, sway

- 1-4 Step R fwd to right diag, touch L beside R, step L to left diag, touch R beside L
- 5-8 Step/sway fwd, sway back, sway fwd, sway back