

HAMMER TO THE HEART

Artist/Song:	Teddy Swims / Hammer to the Heart (Avail on itunes)		
EASY INTERMEDIATE:	32 count	1 short wall	Track: 3:12
Choreographer:	Lu Olsen	4 Wall Dance	9/2024
	8 count intro	Start on vocals	Ver: 1.00

1-8	Slide Fwd/diag, Slide Fwd/diag, Fwd, Lock, Fwd, Fwd, Back, ½ turning shuffle	
1, 2	Slide R fwd slightly to R45, Slide L fwd slightly to L45,	12.00
3 & 4	Step R fwd, Lock L behind R, Step R fwd	
5, 6,	Step L fwd, Rock R back,	
7 & 8	(½ Left turning shuffle) ¼ Left turn & step L to Left, Step R beside L, ¼ left turn & step L fwd	6.00
9-16	Fwd, ¼ pivot, Cross Shuffle, Side, Touch across, Centre, 1/8th Touch Tog, Back, Touch tog/pop R knee	
1, 2	Step R fwd, ¼ Left pivot turn (weight on L)	3.00
3 & 4	(Cross shuffle) Cross R over L, Step L to Left, Cross R over L	
5,	Step L to Left,	3.00
6 & 7	Touch R toe over L, Step R to centre, 1/8 th left turn & touch L toe beside R,	1.30
& 8	1/8 th Left turn & step L back, Touch R toe beside L /pop R knee towards L	12.00
17-24	Fwd, ½ back, Back, Lock, Back, Back, Lock, Back, Rock behind, Fwd	
1, 2	Step R fwd, ½ Right turn & step L back,	6.00
3 & 4	Step R back at R45, Lock L over R, Step R back at R45	6.00
5 & 6	Step L back at L45, Lock R over L, Step L back at L45	6.00
7, 8	Rock R behind L, Step L fwd	6.00
&25-32	Fwd, ¼ Cross, ¼ back, ¼ side shuffle, Cross, Recover, Full R turn	
& 1, 2	Step R fwd, ¼ left turn & step L over R(3.00), ¼ Left turn & step R back(12.00)	12.00
3 & 4	¼ Left turn & big side shuffle to left stepping L, R, L,	9.00
5, 6	Rock R over L, Recover onto L, (prep for full R turn)	9.00
7, 8	¼ Right turn & step R fwd, ½ Right turn & step L back, (No turn option: R to R, L over R)	
	(At end of each wall add extra ¼ Right turn to complete full R turn-start new wall slide, slide)	9.00

SHORT WALL 7 (6.00) - Dance first 8 counts then restart dance for Wall 8 to 12.00

Last Wall 11(3.00) – Complete Wall 11 / Dance finishes to 12.00 (Step R fwd)