



Hammer To The Heart

32 Count, 4 wall, Improver Level

Choreographed by Crazy Chris Adams April 2024

Music: Hammer To The Heart – Teddy Swims

S1: R Toe Strut, L Side Shuffle, & Touch Back, Shuffle Back

- 1,2 Touch R Toe To R Side, Drop Heel,
3&4 Step L To L Side, Step R Beside L, Step L To L Side,
&5,6 Step R Across L Towards L Diagonal, Touch L Behind R, Step L Back,
7&8 Step R Back, Step L Beside R, Step L Back.

(Note: Counts &5,6 7&8 are all towards the left Diagonal corner)

S2: Rock Recover, Shuffle ½, Back Touch x2, & Touch & Recover

- 1,2 Rock L Back, Recover Onto R,
3&4 Make A ½ Turn R Stepping L Back, Step R Beside L, Step L Back,
&5&6 Step R Back, Touch L Beside R, Step L Back, Touch R Beside L,
&7&8 Step R Back Squaring Up 1/8 R, Touching L To L Side, Step L Beside R, Touch R Beside L. **(6)**

S3: Side Rock, Cross Shuffle, Side Rock, Behind Side Cross

- 1,2 Rock R To R Side, Recover Onto L,
3&4 Cross R Over L, Step L To L Side, Cross R Over L,
5,6 Rock L To L Side, Recover Onto R,
7&8 Step L Behind R, Step R To R Side, Cross L Over R. **(6)**

S4: Charleston Step, Coaster Step, R Shuffle Forward, Step ¾ Step

- 1,2 Touch R Toe Forward, Step R Back,
3&4 Step L Back, Step R Beside L, Step L Forward,
5&6 Step R Forward, Step L Beside R, Step R Forward,
7&8 Step L Forward, ½ Turn R Stepping Onto R, ¼ Turn R Stepping L To L Side. **(3)**

Tag: End Of Wall 7 Facing 9pm, Repeat Section 4 Finishing On Back Wall To Start Again.

Ending: During Wall 10 Dance Up To Section 4 Counts 5&6 And Finish With Step ½ Turn Step To Finish On Front Wall.

Have Fun Go Crazy
Love Chris xXx

29/04/24