

# Hammer and the Anvil

Count: 48

Wall: 4

Level: High Improver

Choreographer: Hiroko Carlsson (AUS) - March 2024

Music: Hammer And The Anvil - The Longest Johns : (Spotify/YouTube Music/  
Deezer/Apple Music)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(Starts immediately)

## [S1] Heel-&-Heel, Back Rock, Heel-&-Heel, Back Rock

1&2 Touch R heel diagonally forward, Step R next to L, Touch L heel diagonally forward  
3 4 Rock back on L, Replace weight on R  
4&5 Touch L heel diagonally forward, Step L next to R, Touch R heel diagonally forward  
7 8 Rock back on R, Replace weight on L

## [S2] Step-Kick-Back-Touch, Fwd, Step-Pivot 1/2R-Scuff

1 2 3 4 Step forward on R, Kick L forward, Step back on L, Touch R back  
5 6 Step forward on R, Step forward on L  
7 8 Make a ½ turn right recover weight on R (6:00), Scuff L forward

## [S3] Heel-&-Heel, Back Rock, Heel-&-Heel, Back Rock

1&2 Touch L heel diagonally forward, Step L next to R, Touch R heel diagonally forward  
3 4 Rock back on R, Replace weight on L  
5&6 Touch R heel diagonally forward, Step R next to L, Touch L heel diagonally forward  
7 8 Rock back on L, Replace weight on R

## [S4] Shuffle Fwd, Step-Pivot 3/4L, Side Shuffle, Back, Hook

1&2 Shuffle forward on L-R-L  
3 4 Step forward on R, Make a ¾ turn left recover weight on R (9:00)  
5&6 Side shuffle to the right on R-L-R  
7 8 Step back on L, Hook R across L

## [S5] Cross Rock, Side Shuffle, Cross Rock, Side Shuffle

1 2 Rock R over L, Replace weight on L  
3&4 Side shuffle to the right on R-L-R  
5 6 Rock L over R, Replace weight on R  
7&8 Side shuffle to the left on L-R-L

## [S6] Back Rock, Shuffle Fwd, Step-Pivot 1/2R, Fwd, Scuff

1 2 Rock back on R, Replace weight on L  
3&4 Shuffle forward on R-L-R  
5 6 Step forward on L, Make a ½ turn right recover weight on R (3:00)  
7 8 Step forward on L, Scuff R forward

"Repeat" at the end of Wall 5 (3:00) – Repeat Section 5 and 6 with step changes (Ending)

Dance up to Section 6 count 3&4, Step forward on L (5), Make a ¾ pivot turn right (6) (12:00), Big step L to the side (7), Drag R close (8)

(updated: 26/Mar/24)