

# Hammer to the Heart

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Lu Olsen (AUS) - September 2024

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



## #8 count intro Start on vocals

### [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, 1/8th left turn & touch L toe beside R, 1.30  
& 8 1/8th 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)