# Hammer To The Heart



编舞者: Crazy Chris Adams (UK) - May 2024 音乐: Hammer to the Heart - Teddy Swims



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

1,2	Т	ouch R	Toe To	R Side	Dron	Heel
. , _		OUCH IX	10010		, DIOD	1 1001,

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 R 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,

Make A ½ Turn R Stepping L Back, Step R Beside L, Step L Back, 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 3/4 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

[10/05/24]

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