

# Hammer to the Heart

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Judy Rodgers (USA) - May 2024  
音乐: Hammer to the Heart - Teddy Swims : (Amazon)



## #8 count intro - 1 Tag

### S1: Turn 1/4 R monterey, rock recover, coaster step

1-2            Touch R toe to right side, turn 1/4 right step R beside L 3:00  
3-4            Touch L toe to left side, step L beside R  
5-6            Rock R forward, recover to L  
7&8            Step R back, step L beside R, step R fwd

### S2: Behind, side, cross and cross, turn 1/4 L, turn 1/4 L, shuffle fwd

1-2            Step L behind R, step R to right side  
3&4            Cross L over R, step R to right, cross L over R  
5-6            Turn 1/4 left stepping back R, turn 1/4 left stepping L to left side 9:00  
7&8            Shuffle fwd R L R

### S3: Rock recover, shuffle back, back rock, shuffle turn 1/2 L

1-2            Rock L fwd, recover R  
3&4            Step L back, step R beside L, step L back  
5-6            Rock R back, recover L  
7&8            Turn 1/2 left step R back, step L beside R, step R back 3:00

### S4: Turn 1/4 L point, turn 1/4 R touch, turn 1/4 L, turn 1/4 L, sailor step

1-2            Turn 1/4 left step L to left side, point R to right side 12:00  
3-4            Turn 1/4 right step R beside L, touch L beside R 3:00  
5-6            Turn 1/4 left step L fwd, turn 1/4 left step R to right side 9:00  
7&8            Step L behind R, step R to right side, step L to left side

### \*\*\*\*\* 8-count Tag danced after Wall 6 (facing 6:00.....restarts facing 6:00)\*\*\*\*\*

#### Step touch step touch, sway, sway, sway, sway

1-4            Step R fwd to right diag, touch L beside R, step L to left diag, touch R beside L  
5-8            Step/sway fwd, sway back, sway fwd, sway back