

Hammer to the Heart (P)

Count: 64

Wall: 0

Level: Intermediate (Partner)

Choreographer: Guy Ratté (CAN) & Lise Dumont (CAN) - July 2025

Music: Hammer to the Heart - Teddy Swims



8 count intro

[1-8] H&F: (LOCK STEP FORWARD x2, STEP) x2

1-2-3&4 RF forward, LF cross behind RF, RF forward, LF cross behind RF, RF forward

5-6-7&8 LF forward, RF cross behind LF, LF forward, RF cross behind LF, LF forward

[9-16] H: STEP x2, COASTER STEP, STEP x2, TURNING SHUFFLE

F: STEP x2, COASTER STEP, STEP, STEP BACK, TRIPLE STEP

(Do not let go of hands, they naturally reverse; L hands end up in front and R hands behind)

1-2-3&4 H&F: RF forward ¼ turn L, LF behind RF ¼ turn L, RF behind, recover LF next to RF, RF forward RLOD

(Let go of R hands and take a Reverse Sweetheart position)

5-6-7&8 H: LF ¼ turn L, RF forward, LF 1/8 turn L, RF recover next to LF, LF 1/8 turn L, LOD

F: LF forward, RF to the R ¼ turn L, LF ¼ turn L, RF recover next to LF, LF down LOD

[17-24] H: STEP, RECOVER TOUCH, FORWARD SHUFFLE, ROCK STEP FORWARD, BACK SHUFFLE

F: BALL CHANGE, FORWARD SHUFFLE, ROCK STEP, SHUFFLE

1-2-3&4 H: RF to the R, LF touch, LF forward, RF together with LF, LF forward,

F: RF next to LF, return on LF, RF forward, LF together with RF, RF forward,

(F passes under the L arms; the hands/arms are now crossed. Uncross hands/arms; Double Hand Hold Position)

5-6-7&8 H: RF forward, return on LF, RF back, LF next to RF, RF back,

F: LF forward, return LF ¼ turn R, LF ¼ turn R, RF together with LF, LF forward, RLOD

[25-32] H: SLIDE DRAG, COASTER STEP, BACK STEP, STEP, SHUFFLE

F: SLIDE DRAG, COASTER STEP, STEP x2, SHUFFLE

1-2-3&4 H: LF behind RF ¼ turn L, RF together with LF by sliding foot tip (the step ends on the RF tip), RF behind, LF together with RF, RF ¼ turn L, ILOD

F: RF forward ¼ turn L, LF together with RF by sliding LF, RF behind, return on LF, RF ¼ turn R, OLOD

(Let go of ML and FR hands, F passes under MR and FL arms)

5-6-7&8 H: LF behind ¼ turn L, RF forward, LF ¼ turn L, RF together with LF, LF forward LOD

F: LF behind ¼ turn R, RF ¼ turn R, LF forward, RF together with LF, LF forward, LOD

Restart on sequences 2, 4 and 6

N.B. : In order to properly prepare for the restart, return hands to starting position on counts 7&8

[33-40] H: STEP x2, SHUFFLE, WEAVE

F: FULL TURN, TRIPLE STEP, FULL TURN, CROSS SHUFFLE

(F passes under MR and FL hands)

1-2-3&4 H: RF forward, LF forward, RF forward, LF together with RF, RF forward

F: RF ½ turn L, LF ½ turn L, RF ¼ turn L, LF together with RF, RF to the right, ILOD

(F returns under the same hands and finish in a Double Hand Hold position)

****5-6-7-8 H: LF to the L ¼ turn R, RF cross behind LF, LF to the L, RF cross in front of LF, OLOD**

5-6-7&8 F: LF ½ turn R, RF ½ turn R, LF cross in front of RF, RF to the R, LF cross in front of RF,

Restart on séquence 5

**** For the tag (M only), replace steps 5 to 8 with the following : LF forward, RF forward, LF forward, RF together with LF, LF forward**

[41-48] H&F: VAUDEVILLE x2

1-2&3&4 H: LF to the L, RF cross behind LF 1/8 turn R, LF together with RF, R Heel Touch (same angle), RF together with LF (same angle), LF cross in front of RF (same angle),

F: RF to the R, LF cross behind RF 1/8 turn L, RF together with LF, L Heel Touch (same angle), LF together with RF (same angle), RF cross in front of LF (same angle),

5-6&7&8 H: RF to the R 1/8 turn L, LF cross behind RF 1/8 turn L, RF together with LF, L Heel Touch (same angle), LF together with RF (same angle), RF cross in front of LF (same angle),

F: LF to the LF 1/8 turn R, RF cross behind LF 1/8 turn R, LF together with RF, R Heel Touch (same angle), RF together with LF (same angle), LF cross in front of RF (same angle),

[49-56] H: STEP x2, BACK SHUFFLE, STEP x2, TRIPLE STEP

F: WIND, BACK SHUFFLE, UNWIND, WIND

(F passes under RM and LF hands, all the while holding the other two hands at the waist)

1-2-3&4 H: LF 1/8 turn R, RF cross behind LF, LF to the left ¼ turn R, RF together with LF, LF behind, RLOD

F: RF to the R 1/8 turn L, LF behind RF ¼ turn L, RF behind, LF together with RF, RF behind, RLOD

(F passes back under RM & LF hands and continues her turn by passing under LM & RF hands, finishing in a Right Wrap position)

5-6-7&8 H: RF ¼ turn L, LF forward, RF ¼ turn L, LF together with RF, RF forward, LOD

F: LF ½ turn L, RF ½ turn L, LF ½ turn L, RF together with LF, LF forward, LOD

[57-64] H: STEP x2, COASTER STEP, STEP x4

F: UNWIND, COASTER STEP, STEP x2, SHUFFLE

(Let go of LM & RF hands, F unwinds to retake her position R of M)

1-2-3&4 H: LF ¼ turn R, RF behind, LF behind, return on RF, LF forward, OLOD

F: RF forward ¼ turn R, LF ½ turn R, RF ¼ turn R, LF together with RF, RF ¼ turn L, ILOD

(Return to modified skaters position)

5-6-7-8 H: RF forward, LF ¼ turn L, RF forward, LF forward LOD

5-6-7&8 F: LF behind, RF ¼ turn R, LF forward, RF together with LF, LF forward LOD

For the finale, the M does his last step with a ¼ turn R, to face the F. The F finishes her triple step with a ¼ turn L, to face the M.
