

88 BPM**Intro 16 counts after the 1st drum beat - CCW**

- Section 1** **R Scissor Step, Mambo 1/4 Turn Left, Back R,L,
Long R Step Back, Close On L**
- 1 & 2 RF on right side, LF next to RF, cross RF over LF
3 & 4 1/4 turn left with LF fwd (9:00), recover on RF, LF back
5 - 6 Walk Back on RF, walk back on LF
7 - 8 Long step back with RF, Close (with body weight on LF)
Restart Here On Wall 2
- Section 2** **Syncopated Rock Steps Fwd & Back, Long Step Diag.
Fwd Right, Heel Bounces**
- 1 & 2 Rock step fwd on RF, recover on LF, RF next to LF
3 & 4 Rock step back on LF, recover on RF, LF next to RF
5 - 6 Long step on RF in fwd diagonal, drag LF next to RF
& 7 & 8 Heel bounces x 2
(you can add a body roll if you feel it !)
- Section 3** **Modified L Rumba Box, L Step Fwd, 1/2 Pivot Turn Right,
Back Shuffle With 1/2 Turn Right**
- 1 & 2 LF on left side, RF next LF, LF fwd
3 & 4 RF on right side, LF next RF, RF fwd
5 - 6 LF fwd, pivot 1/2 turn right on RF
7 & 8 1/2 turn on right with LF back, RF next LF, LF back
Restart Here On Wall 4
- Section 4** **Back R, L, 2 Hips Roll With Weight On Lf, Step R Fwd,
Lf Next Rf, Heel Bounces**
- 1 - 2 RF back, LF back
3 - 4 2 hips roll on left hip with weight on LF
Restart Here On Wall 7
- 5 - 6 RF fwd, LF next to RF
& 7 & 8Heel bounces x 2
(you can add a body roll if you feel it !)

- The Restarts occur every time Scotty sings : "Ain't nothin' ring like a southern belle"
- Title Hammercy is for « have mercy »
- Enjoy the cheerleaders awesome performance on the video clip, but don't try it yourself!

I hope you'll enjoy this less dangerous choreography!