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Hammercy

32 Count, 4 Wall, Improver Choreographer: Montana Mag (FR) Mar 2016 Choreographed to: Southern Belle by Scotty McCreery

88 BPM

Intro 16 counts after the 1st drum beat - CCW

Section 1	R Scissor Step, Mambo 1/4 Turn Left, Back R,L,
1 & 2	Long R Step Back, Close On L 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
Section 3 1 & 2	Modified L Rumba Box, L Step Fwd, 1/2 Pivot Turn Right, Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd
1 & 2 3 & 4	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd
1 & 2 3 & 4 5 - 6	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF
1 & 2 3 & 4	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF 1/2 turn on right with LF back, RF next LF, LF back
1 & 2 3 & 4 5 - 6	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF
1 & 2 3 & 4 5 - 6	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF 1/2 turn on right with LF back, RF next LF, LF back
1 & 2 3 & 4 5 - 6 7 & 8 Section 4	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF 1/2 turn on right with LF back, RF next LF, LF back Restart Here On Wall 4 Back R, L, 2 Hips Roll With Weight On Lf, Step R Fwd, Lf Next Rf, Heel Bounces RF back, LF back
1 & 2 3 & 4 5 - 6 7 & 8	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF 1/2 turn on right with LF back, RF next LF, LF back Restart Here On Wall 4 Back R, L, 2 Hips Roll With Weight On Lf, Step R Fwd, Lf Next Rf, Heel Bounces RF back, LF back 2 hips roll on left hip with weight on LF
1 & 2 3 & 4 5 - 6 7 & 8 Section 4 1 - 2 3 - 4	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF 1/2 turn on right with LF back, RF next LF, LF back Restart Here On Wall 4 Back R, L, 2 Hips Roll With Weight On Lf, Step R Fwd, Lf Next Rf, Heel Bounces RF back, LF back 2 hips roll on left hip with weight on LF Restart Here On Wall 7
1 & 2 3 & 4 5 - 6 7 & 8 Section 4 1 - 2 3 - 4 5 - 6	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF 1/2 turn on right with LF back, RF next LF, LF back Restart Here On Wall 4 Back R, L, 2 Hips Roll With Weight On Lf, Step R Fwd, Lf Next Rf, Heel Bounces RF back, LF back 2 hips roll on left hip with weight on LF Restart Here On Wall 7 RF fwd, LF next to RF
1 & 2 3 & 4 5 - 6 7 & 8 Section 4 1 - 2 3 - 4	Back Shuffle With 1/2 Turn Right LF on left side, RF next LF, LF fwd RF on right side, LF next RF, RF fwd LF fwd, pivot 1/2 turn right on RF 1/2 turn on right with LF back, RF next LF, LF back Restart Here On Wall 4 Back R, L, 2 Hips Roll With Weight On Lf, Step R Fwd, Lf Next Rf, Heel Bounces RF back, LF back 2 hips roll on left hip with weight on LF Restart Here On Wall 7

- 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!