



Hammertime

~ Phrased, Interactive, Contra Line Dance **CD 908-2**

Choreographed By Carole Daugherty

Formation : Begin with lines "face to face" on opposite sides approx. 3-4 ft apart.

Sequence : A, A, A, B, A, B, A, B, A, A, A- (A=64 cts 2 wall, B=32 cts 1 wall)

Music : U Can't Touch This, By MC Hammer ~ 135 BPM ~ Begin after 32 cts w/vocals

PART A

U CAN'T TOUCH THIS! [Clock points refer to starting at 12:00]

Contra lines move to face side walls, then return to start point facing new wall [6:00]

1-8 Right Diagonal Steps, ¼ Left Diagonal Steps {ZIG ZAG}

1234 Step right fwd on right diagonal (1) Step left next to right (2) Step right fwd on right diagonal (3) Touch left next to right (4)

[12:00] (Opposite rows will be about parallel)

5678 Turn ¼ left on left (5) Step right next to left (6) Step left slightly fwd left (7) Touch right toes next to left heel (8)

[9:00] (Opposite rows move to the center of the original contra track to face each other)

9-16 Step Out w/ Arm Pushes Repeated {GROCERY SHOPPIN}

12 Step out right, raise right arm (1) Feet apart bend both knees, pushing right arm fwd diagonally left (2)

34 Step out left, raise left arm (3) Feet apart bend both knees, pushing left arm fwd diagonally right (4)

56 Step out right, raise right arm (5) Feet apart bend both knees, pushing right arm fwd diagonally left (6)

78 Step out left, raise left arm (7) Feet apart bend both knees, pushing left arm fwd diagonally right (8)

[9:00] (Use hips! This is not a clap, push hands diagonally toward each other w/o touching)

17-24 Right Diagonal Steps, Left Diagonal Steps {ZIG ZAG}

1234 Step right fwd on right diagonal (1) Step left next to right (2) Step right fwd on right diagonal (3) Touch left next to right (4)

5678 Step left fwd on left diagonal (5) Step right next to left (6) Step left fwd on left diagonal (7) Touch right toes next to left heel (8)

[9:00] (Lines pass beside each other, then back to center to new "partner")

25-32 Ride Side Lunge, Left Together, Left Side Lunge, Right Together {LUNGE}

1234 Step/Lunge right foot right (1) Hold or pulse (2) Slide left towards right (3) Touch left next to right (4)

5678 Step/Lunge left foot out left (5) Hold or pulse (6) Slide right towards left (7) Touch right next to left (8)

[9:00] (Add some shimmy & wiggles while stepping out and sliding foot together)

33-40 Bumps: Fwd, Center, Back, Center, Fwd, Center, Back, Center {DISCO}

12 Press right toes fwd diagonally right while bumping right hip fwd right (1) Bring hip back to center (2)

34 Set right heel down while bumping right hip back right (3) Bring right hip back to center (4)

5678 Repeat cts 1234

[9:00] (Gently connect/bump hips with person behind to your right if desired on back bumps)

41-48 Modified ¼ Right Hinge Turns, Repeated {BOX}

1234 Pivoting on right foot, Step left foot fwd out left turning ¼ right (1) Draw right foot next to left (2)

Pivoting on left foot, step right foot back right turning ¼ right (3) Draw left foot next to right (4)

5678 Pivoting on right foot, Step left foot fwd out left turning ¼ right (5) Draw right foot next to left (6)

Pivoting on left foot, step right foot right turning ¼ right (7) Step left foot next to right foot (8)

[9:00] Dancers complete a tight box pattern by moving around each other - be sure to use foot closure

49-56 Right Side Basic, Modified Coaster Steps Back {RIGHT & BACK}

1234 Step right on right (1) Step left next to right (2) Step right on right (3) Touch left toes next to right (4)

5&6 Step back on left foot (5) Step back on right foot (&) Touch left toes next to right foot (6)

7&8 Step back on left foot (7) Step back on right foot (&) Touch left toes next to right foot (8)

[9:00] Dancers should be close to their original starting position on floor on opposite start side

57-64 Touch Back ¼ Turn Left, Heel Swivel, Press, Shape, Press, Shape {CAN'T TOUCH THIS}

12 Touch left toes straight back (1) Turn ¼ left on right foot leaving left toes touched back(2)

3&4 Swivel left heel out (3) Swivel left heel to center (&) Swivel left heel out taking weight left (4)

5678 Press right foot right, body angled left (5) Step right (6) Press left foot left, body angled right (7) Step left (8)

[6:00] Back at start position. Add upper body shaping w/ arm movement during presses

PART B

BREAK IT DOWN! [Clock points refer to starting at 12:00]

Contra lines travel in opposite direction, away from center, then return to start point

1-8 ¼ Right Runway Walk w/ Pose ½ Turn, Runway Walk w/ Pose ½ Turn {CATWALK}

1234 Step ¼ right on right (1) Step fwd on left (2) Step fwd on right (3) Pivot ½ left on right, touching left toes next to right - pose w/ attitude (4)

5678 Step fwd on left (5) Step fwd on right (6) Step fwd on left (7) Pivot ½ right on left, touching right toe next to left - pose w/ attitude (8) [3:00]



9-16 Pigeon Toes Traveling Right, Pigeon Toes Traveling Left {PIGEON TOES}

- 123&4 Moving Right: Step right toes out right as turning left toes out (1) Swivel/Turn in toes on both feet (2) Swivel toes on both feet out (3) Swivel toes on both feet in (&) Swivel toes on both feet out (4)
567&8 Moving Left: Swivel toes on both feet in (5) Swivel toes on both feet out (6) Swivel toes on both feet in (7) Swivel toes on both feet out (&) Swivel toes on both feet in/together weighted left (8) [3:00]

17-24 Traveling Right Crabwalk, Traveling Left Crabwalk {CRABWALK}

- 1&2&3&4 Moving Right, Rise slightly on the toes of both feet w/ bent knees: Step ball of right out right (1) Step ball of left towards right (&) Step ball of right out right (2) Step ball of left towards right (&) Step ball of right out right (3) Step ball of left towards right (&) Step right toes out right (4)
5&6&7&8 Moving Left, still over toes of both feet w/ bent knees: Step ball of left out left (5) Step ball of right towards left (&) Step ball of left out left (6) Step ball of right towards left (&) Step ball of left out left (7) Step ball of right towards left (&) Step ball of left out left (8) [3:00] (Allow shoulders to rock w/ movement)

25-32 Runway Walk ¼ Turn, Step Side, “Stop” Pose, Hold, Straighten Up {HAMMERTIME}

- 1234 Step fwd on right (1) Step fwd on left (2) Step fwd on right (3) Pivot ¼ left on right touching left toe next to right foot (4)
5678 Step wide left on left (5) Press right toes in w/ right bent knee while bending upper body fwd, push arms out in front, “Stop” pose (6) Hold (7) Straighten up keeping weight left, rolling right knee out (8)

Enjoy Every Dance!

Additional Pattern Formation Notes:

Set 1: Dancers/Rows move into center of track then turn to face each other, which creates a “back to back” appearance on floor. There should now only be 1 center row, with rows facing opposite.

Set 2: Dancers/Rows remain facing in pairs in center of track, facing side walls.

Set 3: Dancers/Rows move out of center track, pass along side each other, then back into track facing someone new.

Set 4: Dancers/Rows remain facing in pairs in center of track, facing side walls.

Set 5: Dancers/Rows remain in center track. When connecting during bumps (encouraged), arms should move accordingly.

Set 6: Dancers/Rows execute box pattern going closely around each other, to end where they started. The drawing together of the non weighted foot before stepping keeps each persons feet in their own dance space.

Set 7: Dancers/Rows move to original contra track/row distance apart, again in 2 separate rows/lines.

Set 8: Dancers/Rows should be back to original floor starting row position, on opposite side facing “their” new wall.

Set 9: Dancers/Rows move in opposite directions, then return to their starting point after completing “Cat Walks”

Set 10: Dancers/Rows move in opposite directions, then return to their starting point after completing “Pigeon Toes”

Set 11: Dancers/Rows move in opposite directions, then return to their starting point after completing “Crab Walks”

Set 12: Dancers/Rows move in opposite directions, then return to original start of dance after completing “HammerTime”

Additional Choreography Notes:

ÿ Suggested to teach in standard lines before moving to contra position.

ÿ The steps are basic with plenty of room for styling, attitude & variations. It is far easier than it appears on paper!

ÿ Part A works well to many alternate “Disco or Retro” type tracks, omit Part B when dancing to other music.

ÿ Clock references are noted from original start position of 12:00. When danced contra, half of the lines face 12:00, the other half of the lines are facing 6:00 - which would be “their” 12:00.

ÿ The patterns are designed to move dancers around each other, yet keep somewhat close in space positioning and interaction. Dancers should be conscious of the “overall” pattern when taking steps to avoid dancing “out” of formation.

‘HammerTime’