



My Heart

Count: 32

Wall: 2

Level: Novice - Polka

Choreographer: Giuseppe Piromalli (IT) - May 2023

Music: Chills - James Barker Band

SECT.1 -Forward shuffle right and left - Jazz Box

- 1 RF step diag. fwd
- & LF step next right foot
- 2 RF step diag. fwd
- 3 LF step diag. fwd
- & RF step next left foot
- 4 LF step diag. fwd
- 5 RF cross over left
- 6 LF step back
- 7 RF step to the right side
- 8 LF cross over right

SECT.2 - Sincopated side rock (x2) – Sailor step ¼ turn - step fwd, ¼ turn left

- 9 RF step side
- 10 LF recover weight
- & RF step next left foot
- 11 LF step side
- 12 RF recover weight
- 13 LF ¼ turn left step behind (9.00)
- & RF step side
- 14 LF step side slightly fwd
- 15 RF step fwd
- 16 ¼ turn left (6.00)

Restart here at 4 wall

SECT.3 - Cross over, side rock – cross over, side toe touch – cross over, side rock – cross over, side toe touch

- 17 RF cross over left
- & LF step side
- 18 RF recover weight
- 19 LF cross over right
- 20 RF side toe touch
- 21 RF cross over left
- & LF step side
- 22 RF recover weight
- 23 LF cross over right
- 24 RF side toe touch

SECT.4 - Reverse anchor step – step side, hitch – step side, slide and hitch – coaster step

25	RF step cross over
&	LF step in place
26	RF step cross over
27	LF Long step side
28	RF slide and hitch
29	RF Long step side
30	LF slide and hitch
31	LF step back
&	RF step back
32	LF step fwd

Sicily Country Life Country Cup