

# My Heart

**COPPER** **KNOB**  
BY STEPHENETS

Count: 32

Wand: 2

Ebene: Novice - Polka

Choreograf/in: Giuseppe Piromalli (IT) - May 2023

Musik: Chills - James Barker Band



## SECT.1 - Forward shuffle right and left

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

**Last Update - 14 July 2023 - R1**

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