

# My Heart

**Compte:** 32

**Mur:** 2

**Niveau:** Novice - Polka

**Chorégraphe:** Giuseppe Piromalli (IT) - May 2023

**Musique:** 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

**Last Update: 26 Feb 2025**

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