

# My Heart

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 2      級數: Novice - Polka  
編舞者: Giuseppe Piromalli (IT) - May 2023  
音樂: 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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