

Coreografia ufficiale AICOWED COUNTRY CUP 2025  
LIVELLO 2

# My Heart

Choreographer: Giuseppe Piromalli (IT) - May 2023

Type : 32 Count, 2 wall, 1 restart (4 wall after 16 counts)  
Motion : Polka  
Level : Novice  
Music : "Chills" by James Barker Band (BPM 116)

## 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