|  |  |
| --- | --- |
| Open Your Heart |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wand:** | 2 | **Ebene:** | Easy Intermediate NC2S | . |
| **Choreograf/in:** | Charles Alexander (SWE) - October 2016 |
| **Musik:** | Open Your Heart - Jill Johnson : (CD: Så Mycket Bättre - Säsong 7 - 4:00) |
| . |

**Intro:16 counts, approx. 20 sec –56bpm**

**Start the dance with weight on your left foot crossed over the right foot.**

**(Easy: Left foot crossed behind right foot, just sweeping right from front to back on count 1)**

**[1 – 8] FULL UNWIND, BEHIND-SIDE, CROSS ROCK, SIDE ROCK, BACK WITH SWEEP, BEHIND, 1/4 TURN, FULL TURN & FULL PIQUE TURN**

|  |  |
| --- | --- |
| 1 | Unwind a full turn right (weight ending on your left foot), end sweeping right from front to back. |

|  |  |
| --- | --- |
| 2& | Step right behind left. Step left to left side. |

|  |  |
| --- | --- |
| 3&4& | Rock right over left. Recover onto left. Rock right to right side. Recover onto left. |

|  |  |
| --- | --- |
| 5-6& | Step right back while sweeping left from front to back. Step left behind right. Make 1/4 turn right and step right to forward. |

|  |  |
| --- | --- |
| 7& | Make 1/2 turn right and step left back. Make 1/2 turn right and step right forward. |

|  |  |
| --- | --- |
| 8& | Make 1/2 turn right and step left back and hitch right knee. Make 1/2 turn right and step right forward. [3:00] |

**[9 – 16] 1/2 TURN, RUN R-L IN AN ARC, ROCK, RECOVER, BALL-STEP, KNEE SWING, HITCH, STEP**

|  |  |
| --- | --- |
| 1 | Step left forward while making a 1/2 turn right (keeping weight on left). [9:00] |

|  |  |
| --- | --- |
| 2& | Run forward right-left in an arc to the left, end facing 7:30. |

|  |  |
| --- | --- |
| 3-4 | Rock right forward. Recover onto left. |

|  |  |
| --- | --- |
| &5 | Step right beside left. Still facing 7:30, step left forward. |

|  |  |
| --- | --- |
| 6& | Lift right knee slightly and swing across left leg. Swing right knee out to right side. |

|  |  |
| --- | --- |
| 7-8& | Hitch right knee. Step right forward. Prep body right. [7:30] |

**[17 – 24] FULL UNWIND, BEHIND-SIDE, CROSS ROCK, SIDE, QUICK CROSS ROCK, ROLLING VINE INTO RIGHT NIGHT CLUB BASIC**

|  |  |
| --- | --- |
| 1 | Unwind a full turn left (weight ending on your right foot), end sweeping left from front to back. |

|  |  |
| --- | --- |
| 2& | Step left behind right. Step right to right side, squaring up to 9:00. |

|  |  |
| --- | --- |
| 3-4& | Rock left over right. Recover onto right. Step left to left side. |

|  |  |
| --- | --- |
| 5& | Rock right over left. Recover onto left. |

|  |  |
| --- | --- |
| 6& | Make 1/4 turn right and step right forward. Make 1/2 turn right and step left back. |

|  |  |
| --- | --- |
| 7-8& | Make 1/4 turn right and step right to side. Step left slightly behind right. Cross right over left. [9:00] |

**[25 – 32] 1/4 TURN WITH SWEEP, CROSS-SIDE-BEHIND WITH SWEEP, ROCK BACK, CROSS, NIGHT CLUB BASIC LEFT, SIDE, CROSS**

|  |  |
| --- | --- |
| 1 | Make 1/4 turn left and step left forward while sweeping right from back to front. [6:00] |

|  |  |
| --- | --- |
| 2&3 | Cross right over left. Step left to left side. Step right behind left while sweeping left from front to back. |

|  |  |
| --- | --- |
| 4& | Rock left tight behind right. Step right over left. |

|  |  |
| --- | --- |
| 5-6& | Step left to left side. Step right slightly behind left. Cross left over right. |

|  |  |
| --- | --- |
| 7-8& | Step right to right side. Cross left over right. Prep body left. (Weight ends on left foot.) |

**Tag: Danced after the 3rd wall (starts and ends facing 6:00)**

**[1 – 8] FULL UNWIND, BEHIND-SIDE, ROCK & ROCK &, BACK WITH SWEEP, BEHIND-SIDE**

|  |  |
| --- | --- |
| 1 | Unwind a full turn right (weight ending on your left foot), end sweeping right from front to back. |

|  |  |
| --- | --- |
| 2& | Step right behind left. Step left to left side. |

|  |  |
| --- | --- |
| 3&4& | Rock right over left. Recover onto left. Rock right to right side. Recover onto left. |

|  |  |
| --- | --- |
| 5-6& | Step right back while sweeping left from front to back. Step left behind right. Step right to side. |

|  |  |
| --- | --- |
| 7-8& | Cross left over right. HOLD. Prep body left. (Weight ends on left foot.) |

**The dance will end naturally facing 12:00 on count 29**

**Website: www.lostinline.se - E-mail: charles.akerblom@gmail.com**