Open Your Heart

Count: 32 **Wall:** 2 **Level:** Easy Intermediate NC2S
Choreographer: Charles Alexander (SWE) - October 2016
Music: 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

---