My Heart Is Open

Count: 80 **Wall:** 2 **Level:** Intermediate
Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2020
Music: My Heart Is Open - Keith Urban : (5:30)

#32 count intro - 19secs - 5mins 30secs - 103bpm
Music Available on iTunes

[1-8] R side, L behind/R side/cross L over R, R side, L cross point, L side point, ¼ L toaster (turning coaster)

1, 2&3	Step R side, cross step L behind R, step R side, cross step L over R
4-6	Step R side, cross point L toes over R, point L toes side
7&8	Turning ¼ left step L back, step R together, step L forward (9 o'clock)

[9-16] Skate fwd R/L, syncopated R cross rock/recover L, R to R side, L cross rock/recover, ¼ L chassé

1-2	Skate R forward, skate L forward
3&4	Cross rock R over L, recover weight on L, step R side
5-6	Cross rock L over R, recover weight on R
7&8	Step L side, step R together, turning ¼ left step L forward (6 o'clock)

[17-24] R fwd, ¼ L pivot turn, R crossing shuffle, L side point, L cross step, ¼ R modified syncopated Monterey

1-2	Step R forward, pivot ¼ left (3 o'clock)
3&4	Cross step R over L, step L side, cross step R over L
5-6	Point L toes side, cross step L over R
7&8	Point R toes side, turning ¼ right step R together, point L toes side (6 o'clock)

[25-32] Cross L over R, R to R side, L behind/R side/cross L over R, R side rock/recover, R ball step L side, R cross step

1-2	Cross step L over R, step R side
3&4	Cross step L behind R, step R side, cross step L over R
5-6&	Rock R side, recover weight on L, step R together
7-8	Step L side, cross step R over L

[33-40] L back, ¼ R sailor, L forward, R fwd rock/recover, ¼ R sailor

1, 2&3	Step L back, turning ¼ right sweep and step R behind L, step L side, step R side (9 o'clock)
4-6	Step L forward, rock R forward, recover weight on L
7&8	Turning ¼ sweep and step R behind L, step L side, step R side (12 o'clock)

[41-48] L fwd rock/recover, ½ L shuffle, R fwd, ½ L pivot turn, walk fwd R/L

1-2	Rock L forward, recover weight on R
3&4	Turning ½ left step L forward, step R together, step L forward (6 o'clock)
5-8	Step R forward, pivot ½ left, step R forward, step L forward (12 o'clock)

On counts 47-48 you can execute a full left turn moving forward in your LOD
WALL 3 RESTART: Complete 48 counts and start the dance again facing front wall

[49-56] Syncopated R cross rock/recover/R to R side, syncopated L cross rock/recover/L to L side, R jazz box

1-2&	Cross rock R over L, recover weight on L, step R side
3-4&	Cross rock L over R, recover weight on R, step L side
5-8	Cross step R over L, step L back, step R side, step L forward

[57-64] R fwd, ¼ L pivot turn, R cross shuffle, L side, R behind/L side/cross R over, L to L side

1-2	Step R forward, pivot ¼ left (9 o'clock)
3&4	Cross step R over L, step L side, cross step R over L

5, 6&7	Step L side, cross step R behind L, step L side, cross step R over L
8	Step L side

[65-72] R rock back/recover, R kick ball cross, ½ L hinge turn, R ball step cross

1-2	Rock R back, recover weight on L (opening body up to diagonal)
3&4	Kick R forward, step R back, cross step L over R
5-6	Turning ¼ left step R back, turning ¼ left step L side (3 o'clock)
&7-8	Step R together, step L side, cross step R over L

[73-80] L side, R sailor, L behind/R side/cross L over R, turning ¼ R step R fwd, L side rock/recover R/cross L over R

1, 2&3	Step L side, cross step R behind L, step L side, step R side
4&5-6	Cross step L behind R, step R side, cross L over R, turning ¼ right step R forward (6 o'clock)
7&8	Rock L side, recover weight on R, cross step L over R

ENDING: If dancing to entire song, wall 7 is your final wall and execute entire dance to face front wall. Enjoy!

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