Open Arms (展開雙臂) (zh)

Compte: 24 **Mur:** 4 **Niveau:** Improver
Chorégraphe: Niels Poulsen (DK) - 2007年05月
Musique: Open Arms - Collin Raye

前奏： Intro: 24 counts, on vocal. 24拍後唱歌起跳

第一段 **L twinkle, cross, ½ triple turn R**
左華士步, 交叉, 小三步轉

1-3 Cross L over R, step R diagonally fw R, step L diagonally fw L
左足於右足前交叉踏, 右足右斜角踏, 左足左斜角踏

4,5&6 Cross R over L, turn ¼ R stepping back on L, turn ¼ R stepping small step R to R side, step slightly fw on L (facing 6:00)
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏, 左足略前踏(面向6點鐘)

第二段 **Rock fw R, step back R, extend L backwards over 3 counts**
下沉 回復 後踏, 左足以3拍伸向後

1 -3 Rock fw on R, recover weight to L, step back on R

4-6 Keeping weight on R extend (point) L slowly backwards over 3 counts
(facing 6:00) 重心在右足以3拍慢慢將左足後點(面向6點鐘)
(Option: *stretch your L arm fw slowly to prepare for the ½ turn L*)
左手慢慢伸向前準備做1/2轉動

第三段 **½ turn L, sweep R with ½ turn L, R twinkle**
1/2, 1/2繞, 右華士步

1-3 Turn ½ L stepping onto L, turn another ½ turn L on L sweeping R around over 2 counts (facing 6:00)
左轉180度左足踏, 左轉180度右足以2拍繞至前(面向6點鐘)

4-6 Cross R over L, step L diagonally fw L, step R diagonally fw R
右足於左足前交叉踏, 左足左斜角前踏, 右足右斜角前踏

第四段 **Step fw L, step ¼ L, cross rock R, step R to R**
踏 踏 轉1/4, 交叉下沉 回復 右踏

1-3 Square up to 6 o'clock stepping fw on L, step fw R, turn ¼ L (weight L) (facing 3:00)
轉正面向6點鐘左足前踏, 右足前踏, 左轉90度重心在左足(面向3點鐘)

4 6 Cross rock R over L, recover weight to L, step R to R side
右足於左足前交叉下沉, 左足回復, 右足右踏

2 TAGS: AFTER wall 3 (facing 9:00) and AFTER wall 9 (facing 3:00) ADD 2 TWINKLES
第三面牆(面向9點鐘), 第九面牆(面向3點鐘) 加二個華士步

1-3 Cross L over R, step R diagonally fw R, step L diagonally fw L
左足於右足前交叉踏, 右足右斜角前踏, 左足左斜角前踏

4-6 Cross R over L, step L diagonally fw L, step R diagonally fw R
右足於左足前交叉踏, 左足左斜角前踏, 右足右斜角前踏