Open Arms (敞開雙臂) (zh)

拍数: 72 **墙数:** 1 **级数:** Intermediate

编舞者: Charlotte Macari (UK)

音乐: Open Arms - Chris Owen

第一段 **Left Twinkle Traveling Slightly Forward, Weave, Side Step & Draw Twice 左華士步, 右華士步, 左 拖 併點, 右 拖 併點**

1-3 Cross Left Over Right, Step Right Next To Left, Step Left Slightly To Left Side 左足於右足前交叉踏, 右足併踏, 左足略左踏

4-6 Cross Right Over Left, Step Left To Left Side, Cross Right Behind Left
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏

1-3 Step Left To Left Side, Draw Right Up To Left, Touch Right Next To Left
左足左踏, 右足拖併, 右足併點

4-6 Step Right To Right Side, Draw Left Up To Right, Touch Left Next To Right
右足右踏, 左足拖併, 左足併點

第二段 **Turning ¼ Turn Box Forward, Turning ¼ Box Back, Step Sweep ½ Turn Touch, Cross Rock, Recover Side Step**
1/4前方塊, 1/4後方塊, 踏 轉 點, 交叉曼波

1-3 Step Forward On Left, Turn ¼ Turn Left Stepping Right Next To Left, Step Left Next To Right 左足前踏, 左轉90度右足併踏, 左足併踏

4-6 Step Back On Right, Turn ¼ Turn Left Stepping Left Next To Right, Step Right Next To Left 右足後踏, 左轉90度左足併踏, 右足併踏

1-3 Step Forward Left, Complete ½ Turn Left On Left Foot, While Stepping Right To The Side, Touch Right To Right Side
左足前踏, 左轉180度右足伸向右, 右足右點

4-6 Cross Right Over Left, Recover On Left, Step Right To Right Side
右足於左足前交叉踏, 左足回復, 右足右踏

第三段 **Cross, Step ¼ Turn Left, Step Forward ½ Turn Left, Rock Forward, Recover, Step Back, 2 Twinkles Traveling Back**
交叉 1/4 1/2, 前曼波, 左向後華士步, 右向後華士步

1-3 Step Left Across Right, Step Back Right As You Turn ¼ Turn Left, Turn ½ Turn Left As You Step Forward Left
左足於右足前交叉踏, 左轉90度右足後踏, 左轉180度左足前踏

4-6 Rock Forward On Right, Recover Weight On Left, Step Back Right 右足前下沉, 左足回復, 右足後踏

1-3 Cross Left Over Right, Step Right Back To Right Diagonal, Step Back Left To Left Diagonal 左足於右足前交叉踏, 右足右斜角後踏, 左足左斜角後踏

4-6 Cross Right Over Left, Step Back Left To Left Diagonal, Step Back Right To Right Diagonal 右足於左足前交叉踏, 左足左斜角後踏, 右足右斜角後踏

第四段 **Turning Twinkle ½ Turn Left, Cross Rock, Recover, Step, Weave, Side Step, Draw, Touch 轉華士步, 交叉曼波, 前 旁 後, 右 拖 併點**

1-3 Cross Left Over Right, Turn ¼ Turn Left Stepping Back On Right, Turn ¼ Turn Left Stepping Left To Left Side
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏

4-6 Cross Rock Right Over Left, Recover On Left, Step Right To Right Side 右足於左足前交叉下沉, 左足回復, 右足右踏

1-3 Cross Left Over Right, Step Right To Right Side, Cross Left Behind Right 左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏

4-6 Step Right Side, Draw Left Up To Right, Touch Left Next To Right
右足右踏, 左足拖併, 左足併點

第五段 Basic Waltz Turning ½ Turn Left, Basic Waltz Back, Repeat
轉華爾滋, 後華爾滋(重覆)

1-3 Step Forward Left, Turn ½ Turn On Left Stepping Back Right, Step Back Left左足前踏, 左轉180度右足後踏, 左足後踏

4-6 Step Back Right, Step Left Next To Right, Step Right Next To Left
右足後踏, 左足併踏, 右足併踏

1-3 Step Forward Left, Turn ½ Turn On Left Stepping Back Right, Step Back Left 左足前踏, 左轉180度右足後踏, 左足後踏

4-6 Step Back Right, Step Left Next To Right, Step Right Next To Left
右足後踏, 左足併踏, 右足併踏

第六段 Full Turn Traveling Forward, Lunge, Recover, ¼ Turn Right, Side Step 踏 轉 轉, 曲膝 回復 1/4

1-3 Step Forward Left, Turn ½ Turn Left On Left Stepping Back Right, Turn ½ Turn Left On Right Stepping Forward Left
左足前踏, 左轉180度右足後踏, 左轉180度左足前踏

4-6 Lunge Forward On Right, Recover On Left, Turn ¼ Right Stepping Right To Right Side 右足前曲膝踏, 左足回復, 右轉90度右足右踏

Easy Option For Counts 61-63: Just Walk Forward Left, Right, Left 簡易版:前走步-左, 右, 左

第七段 Left Cross Rock, Recover, Step, Right Cross Rock, Recover, Step
交叉曼波, 交叉曼波

1-3 Cross Rock Left Over Right, Recover On Right, Step Left In Place
左足於右足前交叉下沉, 右足回復, 左足踏

4-6 Cross Rock Right Over Left, Recover On Left, Step Right In Place
右足於左足前交叉下沉, 左足回復, 右足踏

Advanced Option *進階版*

1-3 Cross Left Over Right, Unwind Full Turn Right, Ronde' Right Leg From Front To Behind 左足於右足前交叉踏, 繞右轉圈, 右足由前繞至後

4-6 Cross Lock Right Foot Behind Left, Unwind A Full Turn Right
右足於左足後交叉踏, 繞右轉圈

TAG
The tag comes after the 1st & 3rd walls each time before the chorus. It's just a repeat of counts 67-72 (not the advanced option)
第一面牆及第三面牆結束時, 重覆跳第七段交叉曼波二次的動作