

Open Your Heart

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate NC2S
编舞者: Charles Alexander (SWE) - October 2016
音乐: 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
