

Open Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bill Bader (CAN)
音乐: The Whispering Wind - Mandy Barnett



34-count intro counted as "5-6-7-8-9-10" intro is the same phrasing as the instrumental wall with the tag.

Available at <http://www.absound.ca> and <http://www.hmv.com>

Latin styling with fluid arm motion is essential to the "feel" of this dance. Open up encourages you to loosen up about fixing your toes and body straight toward one wall or another

STEP ACROSS, KNEE ACROSS, TOUCH BACK, KNEE ACROSS, ROCK FORWARD, BACK, BACK-LOCK-BACK

- 1 Step right in front of left
- 2 Raise left knee across right keeping left foot behind right calf right knee bends slightly and right foot swivels
- 3 Touch left toe back
- 4 Raise left knee across right keeping left foot behind right calf right knee bends slightly and right foot swivels
- 5-6 Rock step left forward, rock step right back
- 7&8 Cross step left back behind right, lock step right back across left, step left back

TOUCH BACK, SWIVEL & TURN, COASTER STEP, FORWARD-LOCK-FORWARD, TURN ½ LEFT

- 1 Touch right toe slightly back
- 2&3 Swivel both heels left-right-left turning ¼ right ending weighted on left (3:00)
- 4&5 Step right back, step left beside right, step right forward
- 6&7 Step left forward, lock step right forward behind at left of left heel, step left forward
- 8 Turn ½ left on ball of left raising right foot behind left ankle (9:00)

BACK, TOUCH(OPEN UP), FORWARD, TOUCH (CLOSE), BACK, TOUCH (OPEN UP), FORWARD-LOCK-FORWARD

- 1 Step right back
- 2 Touch left toe just ahead of right with left knee bent while spreading arms as follows:
"Open up" - extend arms to sides at chest level, elbows bent slightly (as if opening a coat)
- 3 Step left slightly forward
- 4 Touch right toe near left heel and cross forearms in front of chest
- 5 Step right back
- 6 Touch left toe just ahead of right with left knee bent while spreading arms as above
- 7&8 Step left forward, lock step right crossed behind left at left of left heel, step left forward

TOUCH, CROSS SHUFFLE, BACK, SIDE ¼ TURN, FORWARD ¼ TURN, POSE, HOLD

- 1 Touch right toe to right side
- 2&3 Cross step right over left, step left slightly to left side, cross step right over left
- 4 Step left back
- 5 Side step right turning ¼ right (12:00), step left forward turning ¼ right (3:00)
- 7 "Pose": touch right toe crossed behind left and point both hands to left at waist level
- 8 Hold

REPEAT

TAG

At the end of wall 9 when dancing to "Abriendo Puertas"

- 9-10 Hold the pose for 2 extra counts

