

Open Your Heart

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Mellissa Kelly (AUS) & Shanon Dickson (AUS)

Music: Catch My Disease - Ben Lee



- 1&2 Step left to left side, step right beside left, step left to left side (side shuffle left)
3-4 Rock back on right, rock/replace forward on left
5-6 Turn ¼ turn left & step back on right, turn ½ turn left & step forward on left
7&8 Step forward on right, pivot ½ turn left, step forward on right
- 1-2 Step forward on left, scuff right forward
3-4 Hook right across in front of left knee, kick right forward
5&6 Step forward on right, step left beside right, step forward on right (shuffle forward right)
7&8 Rock forward on left, rock/replace back on right, step back on left
- 1&2 Rock right to right side, rock /replace onto left, step right across & in front of left (side ball cross)
3-4 Step left to left side & sway hips double left
5-6 Sway hips double right
7-8 Sway hips single left, right
- 1-2 Rock forward on left, rock/replace back on right
3&4 Turn ½ turn left & step forward on left, step right beside left, step forward on left (shuffle forward left)
5-6 Rock forward on right, rock/replace back on left
- Restart goes here**
7&8 Step right to right side, step left in place, cross right over in front of left (side ball cross)
- 1-2 Step left to left side, hold
&3-4 Step right beside left, step left to left side, hold
&5-6 Step right beside left, step left to left side, step right in place
7&8 Step left behind right, turn ¼ turn right & step forward on right, step forward on left
- 1&2 Touch right heel forward, step right back to center, touch left toe back
3-4 Pivot ½ turn left, hold (keep weight back on right)
5-6 Step back on left, rock/replace forward on right
&7-8 Step left beside right, step forward on right, pivot ½ turn left
- 1-2 Touch right to right side, turn ¼ turn right on ball of left, step right beside left (¼ turn Monterey)
3-4 Touch left to left side, turn ½ turn left on ball of right, step left beside right (½ turn Monterey)
5&6& Sweep right toe forward & touch in front, sweep right toe back & step back on right (Charleston)
7&8 Sweep left toe back & touch back, sweep left toe forward & step forward on left (Charleston)
- For styling try twisting your heels during the Charleston steps**
- 1-2& Step right at 45 degrees right, lock/step left behind right, step right slightly at 45 degrees right (Dorothy step)
3-4& Step left at 45 degrees left, lock/step right behind left, step left slightly at 45 degrees left (Dorothy step)
5-6 Rock forward on right, rock/replace back on left

7&8

Turn $\frac{1}{4}$ turn right & step right to right side, slightly drag left towards right, cross right over left

REPEAT

RESTART

On walls 2 and 5, dance the first 30 counts then add the following 2 counts to restart

1-2

Turn $\frac{1}{4}$ turn right & step right to right side, drag left towards right
