

# Open Arms (敞開雙臂) (zh)

COPPER KNOB  
BY STEPHEN METZ

Compte: 72

Mur: 1

Niveau: Intermediate



Chorégraphe: Charlotte Macari (UK)

Musique: 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

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