

# Open Arms (展開雙臂) (zh)

COPPER KNOB  
STEPSHETS

拍数: 24      墙数: 4      级数: Improver  
编舞者: Niels Poulsen (DK) - 2007年05月  
音乐: Open Arms - Collin Raye



前奏 : Intro: 24 counts, on vocal. 24拍後唱歌起跳

**第一段**      **L twinkle, cross, ½ triple turn R**  
左華士步, 交叉, 小三步轉

1-3      Cross L over R, step R diagonally fw R, step L diagonally fw L  
左足於右足前交叉踏, 右足右斜角踏, 左足左斜角踏

4,5&6      Cross R over L, turn ¼ R stepping back on L, turn ¼ R stepping small step R to R side, step slightly fw on L (facing 6:00)  
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏, 左足略前踏(面向6點鐘)

**第二段**      **Rock fw R, step back R, extend L backwards over 3 counts**  
下沉 回復 後踏, 左足以3拍伸向後

1-3      Rock fw on R, recover weight to L, step back on R

4-6      Keeping weight on R extend (point) L slowly backwards over 3 counts  
(facing 6:00) 重心在右足以3拍慢慢將左足後點(面向6點鐘)  
(Option: *stretch your L arm fw slowly to prepare for the ½ turn L*)  
左手慢慢伸向前準備做1/2轉動

**第三段**      **½ turn L, sweep R with ½ turn L, R twinkle**  
1/2, 1/2繞, 右華士步

1-3      Turn ½ L stepping onto L, turn another ½ turn L on L sweeping R around over 2 counts (facing 6:00)  
左轉180度左足踏, 左轉180度右足以2拍繞至前(面向6點鐘)

4-6      Cross R over L, step L diagonally fw L, step R diagonally fw R  
右足於左足前交叉踏, 左足左斜角前踏, 右足右斜角前踏

**第四段**      **Step fw L, step ¼ L, cross rock R, step R to R**  
踏 踏 轉1/4, 交叉下沉 回復 右踏

1-3      Square up to 6 o'clock stepping fw on L, step fw R, turn ¼ L (weight L) (facing 3:00)  
轉正面向6點鐘左足前踏, 右足前踏, 左轉90度重心在左足(面向3點鐘)

4 6      Cross rock R over L, recover weight to L, step R to R side  
右足於左足前交叉下沉, 左足回復, 右足右踏

**2 TAGS:** AFTER wall 3 (facing 9:00) and AFTER wall 9 (facing 3:00) ADD 2 TWINKLES

第三面牆(面向9點鐘), 第九面牆(面向3點鐘) 加二個華士步

1-3      Cross L over R, step R diagonally fw R, step L diagonally fw L  
左足於右足前交叉踏, 右足右斜角前踏, 左足左斜角前踏

4-6      Cross R over L, step L diagonally fw L, step R diagonally fw R  
右足於左足前交叉踏, 左足左斜角前踏, 右足右斜角前踏