

Open Up

拍数: 32 墙数: 2 级数: High Improver
编舞者: Magali CHABRET (FR) - May 2019
音乐: Open Up - Matt Simons : (CD: After The Landslide)



#24 counts intro (app 16 sec)

S1 – SIDE, CLOSE, IN PLACE, SIDE, CLOSE, IN PLACE, CROSS SAMBA, WEAWE ¼ TURN RIGHT

1-2& Step Rf to right side – close Lf next to Rf – step Rf in place
3-4& Step Lf to left side – close Rf next to Lf – step Lf in place
5-6& Cross Rf over Lf – Rock Lf to left side – recover onto Rf
7&8& Cross Lf over Rf – step Rf to side – step Lf behind Rf – turn 1/4 right stepping Rf forward (3:00)

S2 – ROCK, CLOSE, MAMBO FORWARD/BACK, COASTER CROSS, MONTEREY ¼ TURN RIGHT, POINT

1-2& Rock Lf forward – recover onto Rf – close Lf next to Rf
3&4 Rock Rf forward – recover onto Lf – step back on Rf
5&6 Step back on ball of Lf – close Rf next to Lf – cross Lf over Rf
&7 Point Rf to right side – turn 1/4 right stepping Rf next to Lf (6:00)
&8& Point Lf to left side – step Lf next to Rf – point Rf to right side

S3 – RIGHT SAILOR, BEHIND-SIDE-CROSS, ¼ RIGHT, CHASE TURN ½ RIGHT, PIVOT ¼ TURN LEFT

1-2& Step ball of Rf behind Lf – step Lf to left side – step Rf to right side
3-4& Step Lf behind Rf – step Rf to right side – cross Lf over Rf
5 Turn 1/4 right stepping Rf forward (9:00)
6&7 Step Lf forward – pivot 1/2 turn right – step Lf forward (3:00)
8& Step Rf forward – pivot 1/4 turn left (12:00)

S4 – [KICK BALL, BACK ROCK] R&L, CROSS, BACK, BACK, CROSS, SIDE ROCK , ¼ RECOVER, ¼ TURN LEFT

1& Kick Rf forward – step ball of Rf beside Lf
2& Rock back on Lf – recover onto Rf
3& Kick Lf forward – step ball of Lf beside Rf
4& Rock back on Rf – recover onto Lf
5-6& Cross Rf over Lf – step back on Lf – step Rf diagonally back
7 Cross Lf over Rf
8& Rock Rf to right side – turn 1/4 left and recover onto Lf (9:00)
a Turn 1/4 left on ball of Lf (6:00)

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr - www.galichabret.com
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.