

Open Up

拍数: 32 墙数: 4 级数: Beginner
编舞者: Feargal Keegan (IRE) - July 2019
音乐: Open Up - The Saturdays



Intro: 8 - Tags: No - Restarts: 1

• Wall 5: After finishing Section 1, start the dance again.

Section 1: R side, together, shuffle forward, L side, together, shuffle back (12:00)

1, 2 Step R to R side, Step L beside R
3&4 Shuffle forward RLR
5, 6 Step L to L side, Step R beside L
7&8 Shuffle back LRL

Section 2: R back rock, 1/4 side shuffle, behind-side-cross shuffle (9:00)

1, 2 Rock R back, recover
3&4 Side shuffle RLR turning 1/4 over L shoulder (9:00)
5, 6 Step L behind R, Step R to R side
7&8 Cross shuffle L over R LRL

Section 3: R side rock, and side, R cross, 1/4 step, 1/4 shuffle, L cross (3:00)

1, 2 Rock R to R side, recover
&3 Step R beside L, Step L to L side
4, 5 Cross L over R, Step L back turning 1/4 over R shoulder (12:00)
6&7 Side shuffle RLR turning 1/4 over R shoulder (3:00)
8 Cross L over R

Section 4: R side rock, L cross shuffle, Side L, touch and heel and touch (3:00)

1, 2 Rock R to R side, recover
3&4 Cross shuffle L over R LRL
5, 6& Step L to L side, touch R beside L, step R back
7&8 Heel L, Step L down, Touch R beside L
