

# Open Up Your Heart

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: John Warnars (NL) - April 2010  
音乐: Open Up Your Heart - Prairie Oyster : (CD: Anthology)



## Intro 16 counts

### Cross Step, Side Step, Coaster Step, Cross Step, Step Behind, Coaster Step

- 1 RF Cross step right over left
- 2 LF Step to left side
- 3 RF Step diagonally back left (7:30)
- & LF Step / close beside right
- 4 RF Step right diagonally right forward (7:30)
- 5 LF Cross step left over right
- 6 RF Step ¼ turn left backwards (9:00)
- 7 LF Step back
- & RF Step / closes next to left
- 8 LF Step forward

### Rock, Recover, Back Lock Step, Full Turn (2 COUNTS), Coaster Cross

- 1 RF Rock forward
- 2 LF Rock back on LF
- 3 RF Step back
- & LF Cross step in front RF
- 4 RF Step back
- 5 LF Step with ½ turn left forwards (3:00)
- 6 RF Step with ½ turn left backwards (9:00)
- 7 LF Step back
- & RF Step next to left
- 8 LF Cross step left over right

### Side Rock, Recover, Cross Shuffle, 2x ¼ Turn Right, Left Shuffle

- 1 RF Rock to right side
- 2 LF Rock back on LF
- 3 RF Cross step right over left
- & LF Step beside right
- 4 RF Cross step right over left
- 5 LF Step with ¼ turn right backwards (12:00)
- 6 RF Step with ¼ turn right forwards (3:00)
- 7 LF Step forward
- & RF Step next to left
- 8 LF Step forward

### Rock, Recover, ½ Triple Turn Right, Rock, Recover, Coaster Step

- 1 RF Rock forward
- 2 LF Rock back on LF
- 3 RF Step with ¼ turn right to right side (6:00)
- & LF Step beside right
- 4 RF Step with ¼ turn right forwards (3:00)
- 5 LF Rock forward
- 6 RF Rock back on RF
- 7 LF Step backwards

& RF Step next to left  
8 LF Step forward

**RF Start again ...**

**RESTART: on wall 5, after count 24 (12:00)**

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