

My Heart Is Open

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver WCS
编舞者: Taylor McEanley (IRE) - April 2011
音乐: My Heart Is Open - Keith Urban : (Album: Defying Gravity)



32 count intro

S I: STEP, ½ TURN LEFT SWEEPING LEFT AROUND, SAILOR STEP, BEHIND, SIDE, ¼ LEFT, ½ LEFT, SIDE

1-2 Step right forward, ½ turn left sweeping left around from front to back 6:00
3&4 Cross left behind right, Step right to side, Step left to side
5-6 Cross right behind left, Step left to side
7&8 ¼ turn left... Step right to side, make ½ turn left as you slide left towards right (no weight change), Step left to side [9:00]

S II: 1/8 TURN LEFT, ROCK STEP, RECOVER, BACK LOCK, BACK ROCK, RECOVER, 3/8 TURN RIGHT, ¼ TURN RIGHT, BACK

1-2 1/8 turn left... Rock right forward, Recover onto left 7:30
3&4 Step back on right, Cross left over right, Step back on right
5-6 Rock back on left, Recover onto right
7&8 3/8 turn right... Step left to side, ¼ turn left... Cross right over left, Step back on Left [3:00]

Restart Here : On wall 3. Replace 7&8 by...

7&8 1/8 turn right... Step left forward, Cross right over left, Step left forward

S III: HEEL JACK, HOLD, BALL, STEP, ¼ TURN RIGHT, BACK ROCK, RECOVER, RIGHT KICK BALL CROSS

&1-2 Step back on right, Left heel diagonally forward, Hold
&3&4 Ball of left next to right, Step right forward, ¼ turn right as you slide left towards right (no weight change), Step left to side [6:00]
5-6 Rock back on right, Recover onto left
7&8 Kick right forward, Ball of right next to left, Cross left over right

S IV: PRESS LUNGE RIGHT, RECOVER, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, SAILOR ¾ TURN LEFT

1-2 Press ball of right to side bending right knee, Recover onto left
3&4 Cross right behind left, Step left to side, Cross right over left
5-6 Rock left to side, Recover onto right
7&8 ¼ turn left... Cross left behind right, ¼ turn left... Step right to side, ¼ turn left... Step left forward [9:00]

Start Again Smilin'

Note : 1 Restart / Tag is needed on wall 3 after count 16.

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Last Revision on site - 4th September 2011