

# My Heart Is Open

**COPPER** KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Novice  
编舞者: Guy Dubé (CAN) - May 2014  
音乐: My Heart Is Open - Keith Urban : (Restart on the 6:00 wall)



**All I Wanna Do Is Make Love To You (Heart) – No Restart**

**START: Intro 32 counts before begin the dance.**

**Steps description submitted by Ateliers MG Dance**

## **SIDE, ROCK BACK, 1/4 TURN R AND STEP-LOCK-STEP FWD, ROCK STEP**

1                      Step L to left side  
2-3                    Rock back step R, recover on L  
4&5                    1/4 turn to right and step R forward, step lock L behind R, step R forward (3:00)  
6-7                    Rock step L forward, recover on R

## **SAILOR 1/2 TURN L, 1/4 TURN L TOUCH with SNAP FINGERS, HOLD, CROSS SHUFFLE, ROCK SIDE**

8&1                    Cross step L behind R, step R on place in 1/4 turn to left, step L forward in 1/4 turn to left  
2-3                    1/4 turn to left and touch R to right side with snap fingers, hold  
4&5                    Cross step R over L, step L to left side, cross step R over L  
6-7                    Rock side step L in swaying hips to left, recover on R in swaying hips to right

## **SAILOR 3/4 TURN L, ROCK STEP, STEP-LOCK-STEP BACK, TOUCH, UNWIND 1/2 TURN L**

8&1                    Cross step L behind R, 1/2 turn to right and step R on place, 1/4 turn to left and step L forward (9:00)

**RESTART: □ At this point after count 17, 3th repetition of the dance**

**Restart from the beginning but on the count 2 (forgot the count 1) face 3:00 wall.**

2-3                    Rock step R forward, recover on L  
4&5                    Step R back, step L lock over R, step R back  
6-7                    Touch L back, unwind 1/2 turn to left (3:00)

## **SYNCOPATED ROCK STEP-STEP, RONDE DE JAMBE L, R in HALF CIRCLE OUTSIDE to BACK, COASTER CROSS, TOUCH, CROSS, CHASSÉ to L**

8&1                    Rock step R forward, recover on L, step R back  
2                      Touch L to the outside draw an arc from front to back, ending left foot behind  
3                      Touch R to the outside draw an arc from front to back ending right foot behind  
4&5                    Step L back, Step R together L, cross step L over R  
6-7                    Touch R to right side, cross step R over L  
8&                      Step L to left side, step R together L

**REPEAT...**

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