

My Heart Is Open

COPPER KNOB
BY STEPHEN HETS

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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