

Open Hearted

COPPER KNOB
STEPPEDETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Cheryl Sjolund (USA) - May 2014
音乐: Corazón Abierto - Victor Muñoz



Alternate Tracks: -

Rebelde Amor – Belle Perez – (Good for a first teach)

Pride and Joy – Scooter Lee

Lyin' to my Heart - Jenai

Duena de Mis Ojos (Remix) – Marcos Llunas

Intro: 32 Counts

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, SAILOR QUARTER TURN

1-2-3&4 Rock R, recover L, R behind, L side, R cross over L.

5-6-7&8 Rock L, recover R, cross L behind R, turn ¼ L and step R to side, step L to side

ROCK FORWARD RECOVER, TRIPLE HALF (R), 1/4 PIVOT R, CROSSING TRIPLE

1-2-3&4 Rock R forward, recover L, triple R-L-R while turning ½ right

5-6-7&8 Step L, 1/4 R, cross L over R, step R to R side, cross L over R

SIDE TRIPLE RIGHT, ROCK BACK, SIDE TRIPLE LEFT, ROCK BACK ¼ TURN RIGHT

1&2-3-4 Side triple R (stepping R, L, R) Rock back on L, recover onto R

5&6-7-8 Side triple L (stepping L,R,L) Rock back on R, recover L turning 1/4 to R

RIGHT JAZZ BOX CROSS, STEP DRAG, STEP DRAG

1-4 Step R foot across front of L, step back with L, step R foot to right side, cross L over right

5-8 Side R, drag L. Side L, drag R.

Can be used as a floor split for the Intermediate Dance - Open Hearts

NO TAGS – NO RESTARTS
