

Open My Heart

拍數: 90 牆數: 2 級數: High Intermediate
編舞者: Maria Maag (DK) - March 2017
音樂: Anywhere But Here - Christina Aguilera : (Album: Finding Neverland)



Phrasing: 90, 84, 90, 84, 60, 82

***3 Restarts:

On wall 2 after 84 counts (facing 12:00), step fw. R (1)

On wall 4 after 84 counts (facing 12:00), step fw. R (1)

On wall 5 after 60 counts (facing 6:00), step fw. R (1)

Intro: 12 counts from first beat.

Ending: On wall 6 after 81 counts (facing 12:00) step fw. L, drag R next to L (82) The End

Note: Thank you so much Niels Poulsen for your inspiration and help with a few steps. Much appreciated.

[1 – 6] □ Step fw. R, ½ turn R, cross L over R point R to R diagonal □

1-2-3 Step fw. R (1), step fw. L (2), turn ½ R stepping fw. R (3) □ 06:00

4-5-6 Cross slightly L over R (4), point R diagonally fw. R (5), hold (6) □ 07:30

[7 – 12] □ Step back R, rock L, recover R, step L fw. Figure 4 3/8 turn L □

1-2-3 Step R back L (1), rock L to L side (2), recover R (3) □ 07:30

4-5-6 Step fw. L (4), turn 3/8 L on L as you bend L knee and R foot goes to L shin (5), hold (6) □ 03:00

[13 – 18] □ Weave L, step L to L slide R next to L as you move your upper body and arms towards L □

1-2-3 Cross R over L (1), step L to L side (2), cross R behind L (3) □ 03:00

4-5-6 Take a big step L (4), slide R next to L as you move your upper body and arms towards L (5), hold (6) □ 03:00

[19 – 24] □ Chasse ¼ R (option: 1 ¼ turn R) ½ turn R step back L and sweep R □

1-2-3 Step R to R (1), step L next to R (2), Turn ¼ R stepping fw. R (3) □ 06:00

4-5-6 Turn ½ R on R stepping back L and sweep R from front to back (4), continue sweeping R (5-6) □ 12:00

[25 – 30] □ Behind, 1/8 L, step fw R, slowly rock fw. L □

1-2-3 Cross R behind L (1), turn 1/8 L step L to L (2), step fw. R (3) □ 10:30

4-5-6 Slowly Rock fw. L reach R arm fw. open hand and palm facing down (4-5), hold (weights L arm is fw.)(6) □ □ 10:30

[31- 36] □ Recover R, step back L, turn ¼ R stepping fw. R, lunge L fw. prep and reach R arm fw. □

1-2-3 Step back R and bend R elbow and pull R arm back and close your hand (1), step back L (2), turn ¼ R stepping fw. R (3) □ 01:30

4-5-6 Step fw. L and lunge fw. as you rotate your upper body L and reach fw. With your R arm (4-5-6) (weight ends on L) □ 01:30

[37- 42] □ Recover R, step back L turn ½ R on L stepping fw. R, step fw. L slowly kick R fw. □

1-2-3 Recover back R (1), step back L (2), turn ½ R on L stepping fw. R (3) □ 07:30

4-5-6 Step fw. L (4), hitch R knee (5), stretch R leg (6) □ 07:30

[43 – 48] □ Step back R turn 1/8 R and Lunge R, recover ¼ L sliding R next to L □

1-2-3 Step back R (1), turn 1/8 R on R as you move your upper body and arms R (2), hold with R leg bent and L leg stretched (3) □ 09:00

4-5-6 Turn ¼ L stepping fw. L (4), slide R next to L (5-6) Styling: your body is slowly turning towards L diagonal □ 06:00

[49 – 54] □ Twinkle R, twinkle L □

1-2-3 Step R diagonally fw. L (1), step fw. L (2), step R diagonally fw. R (3) □ 06:00

4-5-6 Step L diagonally fw. R (4), step fw. R (5), step L diagonally fw. L (6) □ 06:00

[55 – 60] □ Cross full unwind L, sweep R □

1-2-3 Cross R over L (1), make a full unwind L on R (2-3) □ 06:00

4-5-6 Step down L (4), sweep R fw. (5-6)

Restart wall 5 □ 06:00

[61 – 66] □ Jazz ½ turn R, basic fw. L □

1-2-3 Cross R over L (1), turn ¼ R stepping back L (2) turn ¼ R stepping fw. R (3) □ 12:00

4-5-6 Step fw. L (4), step R next to L (5), step L next to R (6) (Option : Full triple turn L) □ 12:00

[67 – 72] □ Twinkle R, Twinkle L □

1-2-3 Step R diagonally fw. L (1), step fw. L (2), step R diagonally fw. R (3) □ 12:00

4-5-6 Step L diagonally fw. R (4), step fw. R (5), step L diagonally fw. L (6) □ 12:00

[73 – 78] □ Cross full unwind L, sweep R □

1-2-3 Cross R over L (1), make a full unwind L on R (2-3) □ 12:00

4-5-6 Step down L (4), sweep R fw. (5-6) □ 12:00

[79 – 84] □ Jazz ½ R, basic fw. L □

1-2-3 Cross R over L (1), turn ¼ R stepping back L (2) turn ¼ R stepping fw. R (3) □ 06:00

4-5-6 Step fw. L (4), step R next to L (5), step L next to R (6) (Option : Full triple turn L) Restart wall 2&4 □ 06:00

[85 – 90] □ Step fw. R with kick fw. L, step back L hook R in front of L □

1-2-3 Step fw. R (1), kick L fw. (2-3) □ 06:00

4-5-6 Step back L (4), hook R in front of L (5-6) □ 06:00

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