

Open Arms (敞開雙臂) (zh)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Nina Chen (TW) - 2017年05月
音樂: Open Arms - Journey



Intro: 24 counts (start on vocals)

Sec 1: CROSS ROCK - RECOVER - SIDE - SWAY

1-3 Rock LF over RF - Recover onto RF - Step LF to L
4-6 Sway (R L R)
1-3 左足前跨 - 重心回右足 - 左足左踏
4-6 搖臀 (右 左 右)

Sec 2: L TWINKLE 1/4 TURN L - R TWINKLE 1/4 TURN R

1-3 Cross LF over RF - 1/4 turn L (9:00) step RF slightly to R - Step LF together
4-6 Cross RF over LF - 1/4 turn R (12:00) step LF slightly to L - Step RF together
1-3 左足前跨 - 左轉1/4 (9:00) 右足略右踏 - 左足併於右足旁
4-6 右足前跨 - 右轉1/4 (12:00) 左足略左踏 - 右足併於左足旁

Sec 3: HALF DIAMOND

1-3 Cross LF over RF - Make 1/8 turn L (10:30) stepping RF to R - Make 1/8 turn L (9:00) stepping LF back
4-6 Step RF back - Make 1/8 turn L (7:30) stepping LF to L - Make 1/8 turn L (6:00) stepping RF fwd
1-3 左足前跨 - 左轉1/8 (10:30) 右足右踏 - 左轉1/8 (9:00) 左足後踏
4-6 右足後踏 - 左轉1/8 (7:30) 左足左踏 - 左轉1/8 (6:00) 右足前踏

Sec 4: CROSS - RECOVER - SIDE. (x2)

1-3 Cross LF over RF - Recover onto RF - Step LF to L
4-6 Cross RF over LF - Recover onto LF - Step RF to R
1-3 左足前跨 - 重心回右足 - 左足左踏
4-6 右足前跨 - 重心回左足 - 右足右踏

Sec 5: WALTZ BOX

1-3 Step LF fwd - Step RF to R - Step LF beside RF
4-6 Step RF back - Step LF to L - Step RF beside LF
1-3 左足前踏 - 右足右踏 - 左足併踏右足旁
4-6 右足後踏 - 左足左踏 - 右足併踏左足旁

Sec 6: WEAVE - SIDE - DRAG

1-3 Cross LF over RF - Step RF to R - Cross LF behind RF
4-6 Step RF long step to R - Drag LF beside RF (Drag over 2 counts)
1-3 左足前跨 - 右足右踏 - 左足後跨
4-6 右足右大踏 - 左足拖向右足旁 (兩拍)

Sec 7: FWD - KICK - COASTER

1-3 Step LF fwd - Drag RF towards LF - Kick RF fwd
4-6 Step RF back - Step LF beside RF - Cross RF over LF
1-3 左足前踏 - 拖右足朝向左足 - 右足前踢
4-6 右足後踏 - 左足併踏右足旁 - 右足前跨

Sec 8: 1/4 TURN L FWD - SWEEP - CROSS - ROCK - RECOVER

1-3 1/4 turn L (3:00) Step LF fwd - Sweep RF (2 counts)

4-6 Cross RF over LF - Rock LF to L - Recover onto RF
1-3 左轉1/4 (3:00) 左足前踏 - 右足前繞 (2拍)
4-6 右足前跨 - 左足左下沉 - 重心回右足

Restarts:-

Wall 2 (9:00), Wall 6 (3:00), After 30 counts

Wall 4 (6:00), After 24 counts

重跳: 第二牆 (9:00), 第六牆 (3:00), 跳完 30 拍後重新跳
第四牆 (6:00), 跳完 24 拍後重新跳

Have Fun & Happy Dancing!

Contact Nina Chen: nina.teach.dance@gmail.com
