

Open Heart

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Judy Rodgers (USA) - September 2018
音樂: My Heart Is Open - Keith Urban



#32 count intro

S1: Side rock, back rock, step lock & step lock &

1-2 Rock R to right side, recover L
3-4 Rock R behind L, recover L
5-6& Step R fwd, step/lock L behind R, step R fwd
7-8& Step L fwd, step/lock R behind L, step L fwd

S2: Rock recover, shuffle turn 1/2 R, turn 1/4 R side rock, cross & cross

1-2 Rock R fwd, recover L
3&4 Turn 1/2 right step R fwd, step L beside R, step R fwd 6:00
5-6 Turn 1/4 right rock L to left side, recover R 9:00
7&8 Cross L over R, step R to right side, cross L over R

***** Wall 3 (starts 6:00).....Restart here facing 3:00

S3: Turn 1/4 L back side cross point, back sweep, back sweep

1-2 Turn 1/4 left step R back, step L to left side 6:00
3-4 Cross R over L, point L to left diagonal
5-6 Step L back, sweep R from front to back
7-8 Step R back, sweep L from front to back

S4: Turn 1/4 L sailor step, turn 1/2 L turn 1/2 L, jazz box

1&2 Turn 1/4 left sweep/step L behind R, step R to right side, step L slightly fwd 3:00
3-4 Turn 1/2 left step R back, turn 1/2 left step L fwd (option: walk fwd R, L)
5-8 Cross R over L, step L back, step R to right side, cross L over R

One Restart: Wall 3 starts 6:00 - Dance 16 counts and Restart from beginning facing 3:00