

# Open Up

拍數: 32      牆數: 2      級數: High Improver  
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音樂: Open Up - Matt Simons : (CD: After The Landslide)



## #24 counts intro (app 16 sec)

### S1 – SIDE, CLOSE, IN PLACE, SIDE, CLOSE, IN PLACE, CROSS SAMBA, WEAWE ¼ TURN RIGHT

1-2&      Step Rf to right side – close Lf next to Rf – step Rf in place  
3-4&      Step Lf to left side – close Rf next to Lf – step Lf in place  
5-6&      Cross Rf over Lf – Rock Lf to left side – recover onto Rf  
7&8&      Cross Lf over Rf – step Rf to side – step Lf behind Rf – turn 1/4 right stepping Rf forward (3:00)

### S2 – ROCK, CLOSE, MAMBO FORWARD/BACK, COASTER CROSS, MONTEREY ¼ TURN RIGHT, POINT

1-2&      Rock Lf forward – recover onto Rf – close Lf next to Rf  
3&4      Rock Rf forward – recover onto Lf – step back on Rf  
5&6      Step back on ball of Lf – close Rf next to Lf – cross Lf over Rf  
&7      Point Rf to right side – turn 1/4 right stepping Rf next to Lf (6:00)  
&8&      Point Lf to left side – step Lf next to Rf – point Rf to right side

### S3 – RIGHT SAILOR, BEHIND-SIDE-CROSS, ¼ RIGHT, CHASE TURN ½ RIGHT, PIVOT ¼ TURN LEFT

1-2&      Step ball of Rf behind Lf – step Lf to left side – step Rf to right side  
3-4&      Step Lf behind Rf – step Rf to right side – cross Lf over Rf  
5      Turn 1/4 right stepping Rf forward (9:00)  
6&7      Step Lf forward – pivot 1/2 turn right – step Lf forward (3:00)  
8&      Step Rf forward – pivot 1/4 turn left (12:00)

### S4 – [KICK BALL, BACK ROCK] R&L, CROSS, BACK, BACK, CROSS, SIDE ROCK , ¼ RECOVER, ¼ TURN LEFT

1&      Kick Rf forward – step ball of Rf beside Lf  
2&      Rock back on Lf – recover onto Rf  
3&      Kick Lf forward – step ball of Lf beside Rf  
4&      Rock back on Rf – recover onto Lf  
5-6&      Cross Rf over Lf – step back on Lf – step Rf diagonally back  
7      Cross Lf over Rf  
8&      Rock Rf to right side – turn 1/4 left and recover onto Lf (9:00)  
a      Turn 1/4 left on ball of Lf (6:00)

« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)  
Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.