

# My Heart Is Open

**COPPER KNOB**  
STEPSHEETS

拍數: 80                      牆數: 2                      級數: Intermediate  
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2020  
音樂: My Heart Is Open - Keith Urban : (5:30)



#32 count intro - 19secs - 5mins 30secs - 103bpm

Music Available on iTunes

**[1-8] R side, L behind/R side/cross L over R, R side, L cross point, L side point, ¼ L toaster (turning coaster)**

1, 2&3                      Step R side, cross step L behind R, step R side, cross step L over R  
4-6                        Step R side, cross point L toes over R, point L toes side  
7&8                        Turning ¼ left step L back, step R together, step L forward (9 o'clock)

**[9-16] Skate fwd R/L, syncopated R cross rock/recover L, R to R side, L cross rock/recover, ¼ L chassé**

1-2                        Skate R forward, skate L forward  
3&4                        Cross rock R over L, recover weight on L, step R side  
5-6                        Cross rock L over R, recover weight on R  
7&8                        Step L side, step R together, turning ¼ left step L forward (6 o'clock)

**[17-24] R fwd, ¼ L pivot turn, R crossing shuffle, L side point, L cross step, ¼ R modified syncopated Monterey**

1-2                        Step R forward, pivot ¼ left (3 o'clock)  
3&4                        Cross step R over L, step L side, cross step R over L  
5-6                        Point L toes side, cross step L over R  
7&8                        Point R toes side, turning ¼ right step R together, point L toes side (6 o'clock)

**[25-32] Cross L over R, R to R side, L behind/R side/cross L over R, R side rock/recover, R ball step L side, R cross step**

1-2                        Cross step L over R, step R side  
3&4                        Cross step L behind R, step R side, cross step L over R  
5-6&                      Rock R side, recover weight on L, step R together  
7-8                        Step L side, cross step R over L

**[33-40] L back, ¼ R sailor, L forward, R fwd rock/recover, ¼ R sailor**

1, 2&3                      Step L back, turning ¼ right sweep and step R behind L, step L side, step R side (9 o'clock)  
4-6                        Step L forward, rock R forward, recover weight on L  
7&8                        Turning ¼ sweep and step R behind L, step L side, step R side (12 o'clock)

**[41-48] L fwd rock/recover, ½ L shuffle, R fwd, ½ L pivot turn, walk fwd R/L**

1-2                        Rock L forward, recover weight on R  
3&4                        Turning ½ left step L forward, step R together, step L forward (6 o'clock)  
5-8                        Step R forward, pivot ½ left, step R forward, step L forward (12 o'clock)

**On counts 47-48 you can execute a full left turn moving forward in your LOD**

**WALL 3 RESTART: Complete 48 counts and start the dance again facing front wall**

**[49-56] Syncopated R cross rock/recover/R to R side, syncopated L cross rock/recover/L to L side, R jazz box**

1-2&                      Cross rock R over L, recover weight on L, step R side  
3-4&                      Cross rock L over R, recover weight on R, step L side  
5-8                        Cross step R over L, step L back, step R side, step L forward

**[57-64] R fwd, ¼ L pivot turn, R cross shuffle, L side, R behind/L side/cross R over, L to L side**

1-2                        Step R forward, pivot ¼ left (9 o'clock)  
3&4                        Cross step R over L, step L side, cross step R over L

5, 6&7      Step L side, cross step R behind L, step L side, cross step R over L  
8              Step L side

**[65-72] R rock back/recover, R kick ball cross, ½ L hinge turn, R ball step cross**

1-2            Rock R back, recover weight on L (opening body up to diagonal)  
3&4            Kick R forward, step R back, cross step L over R  
5-6            Turning ¼ left step R back, turning ¼ left step L side (3 o'clock)  
&7-8          Step R together, step L side, cross step R over L

**[73-80] L side, R sailor, L behind/R side/cross L over R, turning ¼ R step R fwd, L side rock/recover R/cross L over R**

1, 2&3        Step L side, cross step R behind L, step L side, step R side  
4&5-6        Cross step L behind R, step R side, cross L over R, turning ¼ right step R forward (6 o'clock)  
7&8            Rock L side, recover weight on R, cross step L over R

**ENDING: If dancing to entire song, wall 7 is your final wall and execute entire dance to face front wall. Enjoy!**

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