

Wide Open Heart

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Wide Open Heart - Dwight Yoakam



Start on the lyrics.

Step Forward, Heel Toe Swivels, Train Step

1-4 Step forward on a slight diagonal to right, twist L heel, toe, heel towards R
5-8 Rock forward on L, recover on R, rock back on L, recover on R.

Step Forward, Heel Toe Swivels, Train Step

9-12 Step forward on a slight diagonal to left, twist R heel, toe, heel towards L
13-16 Rock forward on R, recover on L, rock back on R, recover on L

Heel Touches, Monterey Turn

17-20 Touch R heel in front, step together on R, touch L heel in front, step together on L
21-24 Touch R toe to right, make a ¼ turn right on L and step down on R beside L, touch L toe to left, step together on L

¼ Chase Turn Left, ½ Chase Turn Right

25-28 Step forward on R, make a ¼ pivot left onto L, step forward on R, hold
29-32 Step forward on L, make a ½ pivot right onto R, step forward on L, hold

Walk Forward, Touch, Step, Rock Recover, Strut Back

33-36 Walk forward R-L, touch R beside L, step forward on R,
37-40 Rock forward on L, recover on R, step back on L toe, step down on L

Strut back, Rock, Recover, Hip Rolls

41-44 Step back on R toe, step down on R, rock back on L, recover on R
45-48 Roll hips to right twice making a ¼ turn right. (Weight is on R)

Vaudeville Steps

49-52 Cross L over R, step back on R, touch L heel forward, step together on L
53-56 Cross R over L, step back on L, touch R heel forward, step together on R

Heel Grind, Rock, Recover, Run

57-60 Grind the L heel ¼ turn left, step back on R, rock back on L, recover on R
61-64 Run forward L-R-L, hold

Tag: The tag is done at the end of the 5th sequence, and it is done twice in succession. You will be facing 6 o'clock .

1-4 Touch R heel forward twice, touch R toe back twice
5-8 Step side R, touch L beside R, step side L, touch R beside L

Optional Ending: (The 9th sequence)

Dance counts 1- 44, then walk forward L-R-L (45-47) then stomp R-L-R (&4&)