

Open Up

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Open Up Your Heart - The Bellamy Brothers



¼ KICK STEP TOUCH, SIDE KICK STEP TOUCH

1-2 Making ¼ right step right to right side, kick left leg to left side
3-4 Step left to left, touch right beside left
5-6-7-8 Step right to right, kick left to left, step left to left, touch right beside left

¼ SHUFFLE, STEP PIVOT ½, STEP HOLD, FORWARD ROCK RETURN

9&10 Making ¼ right shuffle forward right, left, right
11-12-13-14 Step forward on left, pivot ½ right transferring weight to right, step forward on left, hold
15-16 Rock/step forward on right, rock back on left

¼ KICK STEP TOUCH, SIDE KICK STEP TOUCH

17-18 Making ¼ right step right to right side, kick left leg to left side
19-20 Step left to left, touch right beside left
21-22-23-24 Step right to right, kick left to left, step left to left, touch right beside left

¼ SHUFFLE, STEP PIVOT ½ STEP FORWARD, STEP PIVOT ¼ STEP FORWARD

25&26 Making ¼ right shuffle forward right, left, right
27-28-29 Step forward on left, pivot ½ right transferring weight to right, step forward on left
30-31-32 Step forward on right, pivot ¼ left, step forward on right

FORWARD ROCK RETURN, STEP BACK KICK, BACK ROCK RETURN, SHUFFLE FORWARD

33-34-35-36 Rock/step forward on left, rock back on right, step back on left, kick right forward
37-38-39&40 Rock/step back on right, rock forward on left, shuffle forward right, left, right

STEP PIVOT ¼, STEP PIVOT ¼, STOMP HOLD, STEP SWEEP

41-42 Step forward on left, pivot ¼ right transferring weight to right
43-44 Step forward on left, pivot ¼ right transferring weight to right
45-46 Stomp forward on left, hold
47-48 Step forward on right, sweep left around to front

WEAVE RIGHT, CROSS ROCK RETURN, ¼ ROCK RETURN

49-50-51-52 Step left across right, step right to right, step left behind right, step right to right
53-54 Cross/rock left over right, rock back on right
55-56 Making ¼ left rock/step forward on left, rock back on right

COASTER BACK, STEP HOLD, STEP PIVOT ½, STEP TOUCH

57&58 Step back on left, step right beside left, step forward on left (coaster)
59-60 Step forward on right, hold
61-62 Step forward on left, pivot ½ right transferring weight to right
63-64 Step forward on left, touch right beside left

REPEAT

ENDING

Dance to count 60 (you will be facing the front) and then

1-2-3-4 Step left forward, scuff right forward, stomp, hold

