

# Open Your Heart

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate / Advanced  
編舞者: Alan Birchall (UK) - June 2009  
音樂: Open Your Heart - M People : (CD: Best Of M People - 3:41)



Start: Just After Lyrics

Seconds: 15 Count: 16 BPM: 125

## ROCK, RECOVER, FULL TRIPLE TURN (BACKWARDS), STEP, LOCK, STEP, LOCK, STEP

1-2            Rock Forward On Right, Recover On Left  
3&4           Making ½ Turn Right Step Forward On Right, Step Forward On Left, ½ Pivot Right

### Alternative: Right Coaster Step

5-6            Step Forward On Left, Lock Right Behind Left  
7&8            Step Forward On Left, Lock Right Behind Left, Step Forward On Left

## ROCK ¼, RECOVER, CROSS SHUFFLE, ROCK, RECOVER, FULL TRIPLE TURN (BACKWARDS)

9-10           Making ¼ Turn Left Rock Right To Right, Recover On Left ( 9 o Clock)  
11&12        Cross Right Over Left, Step Left To Left, Cross Right Over Left  
13-14        Rock Left To Left, Recover On Right  
15&16        Make ½ turn Left Stepping Left To Left, Make ½ Turn Left Stepping Right By Left, Cross Left Over Right

### Alternative: Behind, Side, Cross

## TOE TOUCH'S ¼ TURN, TOE TOUCH'S ¼ TWIST, DOWN, UP

17&18        Touch Right To Right, Step Right By Left, Making ¼ Turn Right Touch Left To Left (12 o Clock)  
&19-20      Step Left By Right, Touch Right To Right, Making ¼ Turn Right Twist Both Heels Left (3 o Clock)  
21-22        Sit Down, Stand Up (Add Whatever Style You Want)  
23-24        Sit Down, Stand Up (Add Whatever Style You Want)

## HOOK, SHUFFLE, ROCK, RECOVER, SHUFFLE, ROCK, RECOVER

&25&26      Hook Right Over Left Shin, Step Forward On Right, Left By Right, Step Forward On Right  
27-28        Rock Forward On Left, Recover On Right  
29&30        Step Back On Left, Step Right By Left, Step Back On Left  
31-32        Rock Back On Right, Recover On Left

## 1 ¼ TURN, CROSS, SIDE, TOGETHER, CROSS

33-34        Making ½ Turn Left Step Back On Right, Making ½ Turn Left Step Forward On Left  
35-36        Step Forward On Right, ¼ Pivot Left (12 o Clock)  
37-38        Cross Right Over Left, Step Left To Left  
39-40        Step Right By Left, Cross Left Over Right

## ¼ SKATE, SKATE, SIDE SHUFFLE, ½ HINGE, HOLD, ½ HINGE, HOLD

41-42        Making ¼ Turn Right Skate Right, Skate Left (3 o Clock)  
43&44        Step Right To Right, Left By Right, Step Right To Right  
45-46        Make ½ Hinge Turn Right Stepping Left To Left, Hold (9 o Clock)  
47-48        Make ½ Hinge Turn Right Stepping Right To Right, Hold (3 o Clock)

## CROSS MAMBO, FRONT, SIDE, SAILOR STEP, BEHIND, ¼ TURN, FORWARD

49&50        Cross Rock Left Over Right, Recover On Right, Step Left To Left  
51-52        Cross Right Over Left, Step Left To Left  
53&54        Cross Right Behind Left, Step Left To Left, Step Right In Place

55&56 Cross Left Behind Right, Making  $\frac{1}{4}$  Right Step Right To Right, Step Forward on Left (6 o Clock)

**STEP,  $\frac{1}{2}$  PIVOT,  $\frac{1}{4}$  PADDLE TURNS, VAUDEVILLE STEPS, STEP**

57-58 Step Forward On Right,  $\frac{1}{2}$  Pivot Left (12 o Clock)

&59&60 Make  $\frac{1}{4}$  Turn Left, Touch Right To Right, Make  $\frac{1}{4}$  Turn Left, Touch Right To Right (6 o Clock)

**Alternative: Step,  $\frac{1}{2}$  Pivot**

61&62 Cross Right Over Left, Step Left To Left, Extend Right Heel

&63& Step Right By Left, Cross Left Over Right, Step Right To Right

64& Extend Left Heel, Step Left By Right

**START AGAIN**

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