

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
