

Open Up Your Heart

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - February 2010
音樂: Open Up Your Heart - Kim Sozzi : (Album: Just One Day)



32 Count Intro. Approx 18 seconds. Track approx 2 mins 54 secs

SIDE ROCK, CROSS SIDE, BACK ROCK, CHASSE.

1,2 Rock L to L side, recover weight to R.
3,4 Cross step L over R, step R to R side.
5,6 Cross rock L behind R, recover weight to L.
7&8 Step L to L side, close R beside L, step L to L side. (12 o'clock).

CROSS SIDE, SAILOR ¼ TURN R, CROSS SIDE, SAILOR STEP.

1,2 Cross step R over L, step L to L side.
3&4 Making a ¼ turn R cross step R behind L, step L to L side, step R to R side.
5,6 Cross step L over R, step R to R side.
7&8 Cross step L behind R, step R to R side, step L to L side. (3 o'clock).

BEHIND SIDE, SHUFFLE FORWARD, STEP ½ TURN, ½ TURN, ¼ TURN R.

1,2 Cross step R behind L, step L to L side.
3&4 Shuffle forward stepping R, L, R.
5,6 Step forward on L, make a ½ pivot turn R (weight forward on R).
7,8 Travelling forward make a further ½ turn R stepping back on L, make a ¼ turn R stepping R to R side. (6 o'clock).

CROSS ROCK, CHASSE, HEEL GRIND, BEHIND SIDE CROSS.

1,2 Cross rock L over R, recover weight to R.
3&4 Step L to L side, close R beside L, step L to L side.
5,6 Grind R heel, replace weight to L.
7&8 Cross step R behind L, step L to L side, cross step R over L. (6 o'clock).

***Restart from here during wall 3.**

¼ TURN L, STEP 1/2 TURN STEP, CROSS BACK SIDE CROSS.

1,4 Make a ¼ turn L stepping forward on L, step forward on R, make a ½ turn L, step R forward.
5,8 Cross step L over R, step back on R, step L to L side, cross step R over L. (9 o'clock).

POINT HOLD, TOGETHER POINT HOOK, CHASSE, BACK ROCK.

1,2 Point L to L side, hold count 2.
&3,4 Step L beside R, point R to R side, hook R behind L.
5&6 Step R to R side, close L beside R, step R to R side.
7,8 Cross rock L behind R, recover weight to R. (9 o'clock).

STEP STEP ½ TURN L STEP, KICK BALL CROSS, SIDE ROCK.

1,4 Step forward on L, step forward on R, make a ½ turn L, step forward on R.
5&6 Kick L forward, close L beside R, cross step R over L.
7,8 Rock L out to L side, recover weight to R. (3 o'clock).

SAILOR ¼ TURN L, STEP ½ TURN L, ROCK STEP, COASTER CROSS.

1&2 Making a ¼ turn L cross step L behind R, step R to R side, step slightly forward on L.
3,4 Step forward on R, make a ½ turn L (weight forward on L).
5,6 Rock forward on R, recover weight to L.
7&8 Step back on R, close L beside R, cross step R over L. (6 o'clock).

*Restart during wall 3 – dance up to count 32 then begin again facing 6 0'clock wall.

Have Fun and enjoy!! Dee xx

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