

My Heart Is Open

Choreographer : Taylor McEanley
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Description : 32 count, 4 wall, Improver WCS Line Dance (Apr 11)
Music : My Heart Is Open by Keith Urban (Album : Defying Gravity)
Note : 1 restart is needed on wall 3 after count 16
32 count intro

S I	STEP, ½ TURN LEFT SWEEPING LEFT AROUND, SAILOR STEP, BEHIND, SIDE, ¼ LEFT, ½ LEFT, SIDE	
1-2	Step right forward, ½ turn right sweeping left around from front to back	6:00
3&4	Cross left behind right, Step right to side, Step left to side	
5-6	Cross right behind left, Step left to side	
7&8	¼ turn left... Step right to side, make ½ turn left as you slide left towards right (no weight change), Step left to side	9:00
S II	1/8 TURN LEFT, ROCK STEP, RECOVER, BACK LOCK, BACK ROCK, RECOVER, 3/8 TURN RIGHT, ¼ TURN RIGHT, BACK	
1-2	1/8 turn left... Rock right forward, Recover onto left	7:30
3&4	Step back on right, Cross left over right, Step back on right	
5-6	Rock back on left, Recover onto right	
7&8	3/8 turn right... Step left to side, ¼ turn left... Cross right over left, Step back on left	3:00
	Restart Here : On wall 3. Replace 7&8 by	
7&8	1/8 turn right... Step left forward, Cross right over left, Step left forward	
S III	HEEL JACK, HOLD, BALL, STEP, ¼ TURN RIGHT, BACK ROCK, RECOVER, RIGHT KICK BALL CROSS	
&1-2	Step back on right, Left heel diagonally forward, Hold	
&3&4	Ball of left next to right, Step right forward, ¼ turn right as you slide left towards right (no weight change), Step left to side	6:00
5-6	Rock back on right, Recover onto left	
7&8	Kick right forward, Ball of right next to left, Cross left over right	
S IV	PRESS LUNGE RIGHT, RECOVER, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, SAILOR ¼ TURN LEFT	
1-2	Press ball of right to side bending right knee, Recover onto left	
3&4	Cross right behind left, Step left to side, Cross right over left	
5-6	Rock left to side, Recover onto right	
7&8	¼ turn left... Cross left behind right, ¼ turn left... Step right to side, ¼ turn left... Step left forward	9:00