

Open Your Heart

32 Count, 2 Wall, Intermediate (NC2S)

Choreographer: Charles Alexander (SE) Oct 2016

Choreographed to: Open Your Heart by Jill Johnson.

CD: Så Mycket Bättre

Track: 4:00min**Intro:** 16 counts, approx. 20 sec – 56 bpm

Start the dance with weight on your left foot crossed over the right foot.
(Easy: Left foot crossed behind right foot, just sweeping right from front to back on count 1)

Section 1 Full Unwind, Behind-Side, Cross Rock, Side Rock, Back With Sweep, Behind, 1/4 Turn, Full Turn & Full Pique Turn

1 Unwind a full turn right (weight ending on your left foot), end sweeping right from front to back.
2& Step right behind left. Step left to left side.
3&4& Rock right over left. Recover onto left. Rock right to right side. Recover onto left.
5-6& Step right back while sweeping left from front to back. Step left behind right.
Make 1/4 turn right and step right to forward.
7& Make 1/2 turn right and step left back. Make 1/2 turn right and step right forward.
8& Make 1/2 turn right and step left back and hitch right knee. Make 1/2 turn right and step right forward. [3:00]

Section 2 1/2 Turn, Run R-L In An Arc, Rock, Recover, Ball-Step, Knee Swing, Hitch, Step

1 Step left forward while making a 1/2 turn right (keeping weight on left). [9:00]
2& Run forward right-left in an arc to the left, end facing 7:30.
3-4 Rock right forward. Recover onto left.
&5 Step right beside left. Still facing 7:30, step left forward.
6& Lift right knee slightly and swing across left leg. Swing right knee out to right side.
7-8& Hitch right knee. Step right forward. Prep body right. [7:30]

Section 3 Full Unwind, Behind-Side, Cross Rock, Side, Quick Cross Rock, Rolling Vine Into Right Night Club Basic

1 Unwind a full turn left (weight ending on your right foot), end sweeping left from front to back.
2& Step left behind right. Step right to right side, squaring up to 9:00.
3-4& Rock left over right. Recover onto right. Step left to left side.
5& Rock right over left. Recover onto left.
6& Make 1/4 turn right and step right forward. Make 1/2 turn right and step left back.
7-8& Make 1/4 turn right and step right to side. Step left slightly behind right. Cross right over left. [9:00]

Section 4 1/4 Turn With Sweep, Cross-Side-Behind With Sweep, Rock Back, Cross, Night Club Basic Left, Side, Cross

1 Make 1/4 turn left and step left forward while sweeping right from back to front. [6:00]
2&3 Cross right over left. Step left to left side. Step right behind left while sweeping left from front to back.
4& Rock left tight behind right. Step right over left.
5-6& Step left to left side. Step right slightly behind left. Cross left over right.
7-8& Step right to right side. Cross left over right. Prep body left. (Weight ends on left foot.)

Tag: Danced after the 3rd wall (starts and ends facing 6:00)
Full Unwind, Behind-Side, Rock & Rock &, Back With Sweep, Behind-Side

1 Unwind a full turn right (weight ending on your left foot), end sweeping right from front to back.
2& Step right behind left. Step left to left side.
3&4& Rock right over left. Recover onto left. Rock right to right side. Recover onto left.
5-6& Step right back while sweeping left from front to back. Step left behind right. Step right to side.
7-8& Cross left over right. HOLD. Prep body left. (Weight ends on left foot.)

The dance will end naturally facing 12:00 on count 29