

## OPEN YOUR HEART

**Choreographer:** Alan G. Birchall

**Level:** Intermediate/Advanced

**Dance:** 2 Wall Linedance

**Steps/Count:** 64

**Restarts:** None – **Tags:** None

**Music:** Open Your Heart – M People (3mins 41secs)

**CD:** Best Of M People

**Start:** Just After Lyrics

**Seconds:** 15    **Count:** 16    **BPM:** 125



### **STEPS**

#### **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 ¼ Right Step Right To Right, Step Forward on Left (6 o Clock)

#### **STEP, ½ PIVOT, ¼ PADDLE TURNS, VAUDEVILLE STEPS, STEP**

**57-58** Step Forward On Right, ½ Pivot Left (12 o Clock)

**&59&60** Make ¼ Turn Left, Touch Right To Right, Make ¼ Turn Left, Touch Right To Right (6 o Clock)

*Alternative: Step, ½ 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**