

OPEN YOUR HEART

LINEDANCE.COM

Count: 64

Wall: 2

Level: Intermediate / Advanced

Choreographer: Alan Birchall

Music: Open Your Heart by M People (3mins 41secs) CD: Best Of M People

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 $\frac{1}{2}$ Turn Right Step Forward On Right, Step Forward On Left, $\frac{1}{2}$ 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 $\frac{1}{4}$, RECOVER, CROSS SHUFFLE, ROCK, RECOVER, FULL TRIPLE TURN (BACKWARDS)

9-10 Making $\frac{1}{4}$ 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 $\frac{1}{2}$ turn Left Stepping Left To Left, Make $\frac{1}{2}$ Turn Left Stepping Right By Left, Cross Left Over Right

Alternative: Behind, Side, Cross

TOE TOUCH'S $\frac{1}{4}$ TURN, TOE TOUCH'S $\frac{1}{4}$ TWIST, DOWN, UP

17&18 Touch Right To Right, Step Right By Left, Making $\frac{1}{4}$ Turn Right Touch Left To Left (12 o Clock)

&19-20 Step Left By Right, Touch Right To Right, Making $\frac{1}{4}$ 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

