



Open Heart

32 Count, 4 Wall, Improver

Choreographer: Judy Rodgers (US) September 2018

Choreographed to: My Heart Is Open by Keith Urban

32 count intro

S1 Side rock, back rock, step lock & step lock &

- 1-2 Rock R to right side, recover L
- 3-4 Rock R behind L, recover L
- 5-6& Step R forward, step/lock L behind R, step R forward
- 7-8& Step L forward, step/lock R behind L, step L forward

S2 Rock recover, shuffle turn 1/2 R, turn 1/4 R side rock, cross & cross

- 1-2 Rock R forward, recover L
- 3&4 Turn 1/2 right step R forward, step L beside R, step R forward 6:00
- 5-6 Turn 1/4 right rock L to left side, recover R 9:00
- 7&8 Cross L over R, step R to right side, cross L over R

S3 Turn 1/4 L back side cross point, back sweep, back sweep

- 1-2 Turn 1/4 left step R back, step L to left side 6:00
- 3-4 Cross R over L, point L to left diagonal
- 5-6 Step L back, sweep R from front to back
- 7-8 Step R back, sweep L from front to back

S4 Turn 1/4 L sailor step, turn 1/2 L turn 1/2 L, jazz box

- 1&2 Turn 1/4 left sweep/step L behind R, step R to right side, step L slightly forward 3:00
- 3-4 Turn 1/2 left step R back, turn 1/2 left step L forward

Option Walk forward R, L

- 5-8 Cross R over L, step L back, step R to right side, cross L over R

Restart Wall 3 starts 6:00 - Dance 16 counts and restart from beginning facing 3:00