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80 Count 2 Wall Intermediate. 1 Restart

Choreographed by:

Alison Biggs (UK) Peter Metelnick (UK) Oct 2020

Choreographed to: My Heart Is Open by Keith Urban. 5m 30s. 103bpm

Intro: 32 Counts

Remember to Vote for your favourite dances in the Linedancer Charts.

1-8 R SIDE, L BEHIND/R SIDE/CROSS L OVER R, R SIDE, L CROSS POINT, L SIDE POINT, ¼ L TOASTER (TURNING COASTER)

1, 2&3 Step R side, cross step L behind R, step R side, cross step L over R

4-6 Step R side, cross point L toes over R, point L toes side

7&8 Turning ¼ left step L back, step R together, step L forward (9:00)

9-16 SKATE FWD R/L, SYNCOPATED R CROSS ROCK/RECOVER L, R TO R SIDE, L CROSS ROCK/RECOVER, ¼ L CHASSÉ

1-2 Skate R forward, skate L forward

3&4 Cross rock R over L, recover weight on L, step R side

5-6 Cross rock L over R, recover weight on R

7&8 Step L side, step R together, turning ¼ left step L forward (6:00)

17-24 R FWD, ¼ L PIVOT TURN, R CROSSING SHUFFLE, L SIDE POINT, L CROSS STEP, ¼ R MODIFIED SYNCOPATED MONTEREY

1-2 Step R forward, pivot ¼ left (3:00)

3&4 Cross step R over L, step L side, cross step R over L

5-6 Point L toes side, cross step L over R

7&8 Point R toes side, turning ¼ right step R together, point L toes side (6:00)

25-32 CROSS L OVER R, R TO R SIDE, L BEHIND/R SIDE/CROSS L OVER R, R SIDE ROCK/RECOVER, R BALL STEP L SIDE, R CROSS STEP

1-2 Cross step L over R, step R side

3&4 Cross step L behind R, step R side, cross step L over R

5-6& Rock R side, recover weight on L, step R together

7-8 Step L side, cross step R over L

33-40 L BACK, ¼ R SAILOR, L FORWARD, R FWD ROCK/RECOVER, ¼ R SAILOR

1, 2&3 Step L back, turning ¼ right sweep and step R behind L, step L side, step R side (9:00)

4-6 Step L forward, rock R forward, recover weight on L

7&8 Turning ¼ sweep and step R behind L, step L side, step R side (12:00)

My Heart Is Open

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41-48 L FWD ROCK/RECOVER, ½ L SHUFFLE, R FWD, ½ L PIVOT TURN, WALK FWD R/L

1-2 Rock L forward, recover weight on R

3&4 Turning ½ left step L forward, step R together, step L forward (6:00)

5-8 Step R forward, pivot ½ left, step R forward, step L forward (12:00)

On counts 47-48 you can execute a full left turn moving forward in your LOD

RESTART: WALL 3 Complete 48 counts and start the dance again facing front wall

49-56 SYNCOPATED R CROSS ROCK/RECOVER/R TO R SIDE, SYNCOPATED L CROSS ROCK/RECOVER/L TO L SIDE, R JAZZ BOX

1-2& Cross rock R over L, recover weight on L, step R side

3-4& Cross rock L over R, recover weight on R, step L side

5-8 Cross step R over L, step L back, step R side, step L forward

57-64 R FWD, ¼ L PIVOT TURN, R CROSS SHUFFLE, L SIDE, R BEHIND/L SIDE/CROSS R OVER, L TO L SIDE

1-2 Step R forward, pivot ¼ left (9:00)

3&4 Cross step R over L, step L side, cross step R over L

5, 6&7 Step L side, cross step R behind L, step L side, cross step R over L

8 Step L side

65-72 R ROCK BACK/RECOVER, R KICK BALL CROSS, ½ L HINGE TURN, R BALL STEP CROSS

1-2 Rock R back, recover weight on L (opening body up to diagonal)

3&4 Kick R forward, step R back, cross step L over R

5-6 Turning ¼ left step R back, turning ¼ left step L side (3:00)

&7-8 Step R together, step L side, cross step R over L

73-80 L SIDE, R SAILOR, L BEHIND/R SIDE/CROSS L OVER R, TURNING ¼ R STEP R FWD, L SIDE ROCK/RECOVER R/CROSS L OVER R

1, 2&3 Step L side, cross step R behind L, step L side, step R side

4&5-6 Cross step L behind R, step R side, cross L over R, turning ¼ right step R forward (6:00)

7&8 Rock L side, recover weight on R, cross step L over R

ENDING: If dancing to entire song, wall 7 is your final wall and execute entire dance to face front wall.

Enjoy!

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