

# My Heart Is Open

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**Count:** 32                      **Wall:** 4                      **Level:** Novice

**Choreographer:** Guy Dubé (added May 2014)

**Music:** My Heart Is Open (Keith Urban) ) - Restart on the 6:00 wall.

## All I Wanna Do Is Make Love To You (Heart) - No Restart

**START: Intro 32 counts before begin the dance.**

**Steps description submitted by Ateliers MG Dance**

### **SIDE, ROCK BACK, 1/4 TURN R AND STEP-LOCK-STEP FWD, ROCK STEP**

1                      Step L to left side

2-3                    Rock back step R, recover on L

**4&5 1/4 turn to right and step R forward, step lock L behind R, step R forward (3:00)**

6-7                    Rock step L forward, recover on R

### **SAILOR 1/2 TURN L, 1/4 TURN L TOUCH with SNAP FINGERS, HOLD, CROSS SHUFFLE, ROCK SIDE**

8&1                    Cross step L behind R, step R on place in 1/4 turn to left, step L forward in 1/4 turn to left

**2-3 1/4 turn to left and touch R to right side with snap fingers, hold**

4&5                    Cross step R over L, step L to left side, cross step R over L

6-7                    Rock side step L in swaying hips to left, recover on R in swaying hips to right

### **SAILOR 3/4 TURN L, ROCK STEP, STEP-LOCK-STEP BACK, TOUCH, UNWIND 1/2 TURN L**

8&1                    Cross step L behind R, 1/2 turn to right and step R on place, 1/4 turn to left and step L forward (9:00)

**RESTART: At this point after count 17, 3th repetition of the dance**

**Restart from the beginning but on the count 2 (forgot the count 1) face 3:00 wall.**

2-3                    Rock step R forward, recover on L

4&5                    Step R back, step L lock over R, step R back

6-7                    Touch L back, unwind 1/2 turn to left (3:00)

**SYNCOATED ROCK STEP-STEP, RONDE DE JAMBE L, R in HALF CIRCLE OUTSIDE to BACK, COASTER CROSS, TOUCH, CROSS, CHASSÉ to L**

- 8&1** Rock step R forward, recover on L, step R back
- 2** Touch L to the outside draw an arc from front to back, ending left foot behind
- 3** Touch R to the outside draw an arc from front to back ending right foot behind
- 4&5** Step L back, Step R together L, cross step L over R
- 6-7** Touch R to right side, cross step R over L
- 8&** Step L to left side, step R together L

**REPEAT...**

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