

# Open Up Your Heart

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**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** John Warnars , NL (Apr 10)

**Music:** Open Up Your Heart by Prairie Oyster (CD: Anthology) 177bpm

## Intro 16 counts

### Cross Step, Side Step, Coaster Step, Cross Step, Step Behind, Coaster Step

**1 RF Cross step right over left**

**2 LF Step to left side**

**3 RF Step diagonally back left (7:30)**

**& LF Step / close beside right**

**4 RF Step right diagonally right forward (7:30)**

**5 LF Cross step left over right**

**6 RF Step  $\frac{1}{4}$  turn left backwards (9:00)**

**7 LF Step back**

**& RF Step / closes next to left**

**8 LF Step forward**

### Rock, Recover, Back Lock Step, Full Turn (2 COUNTS), Coaster Cross

**1 RF Rock forward**

**2 LF Rock back on LF**

**3 RF Step back**

**& LF Cross step in front RF**

**4 RF Step back**

**5 LF Step with  $\frac{1}{2}$  turn left forwards (3:00)**

**6 RF Step with  $\frac{1}{2}$  turn left backwards (9:00)**

**7 LF Step back**

**& RF Step next to left**

**8 LF Cross step left over right**

**Side Rock, Recover, Cross Shuffle, 2x  $\frac{1}{4}$  Turn Right, Left Shuffle**

**1 RF Rock to right side**

**2 LF Rock back on LF**

**3 RF Cross step right over left**

**& LF Step beside right**

**4 RF Cross step right over left**

**5 LF Step with  $\frac{1}{4}$  turn right backwards (12:00)**

**6 RF Step with  $\frac{1}{4}$  turn right forwards (3:00)**

**7 LF Step forward**

**& RF Step next to left**

**8 LF Step forward**

**Rock, Recover,  $\frac{1}{2}$  Triple Turn Right, Rock, Recover, Coaster Step**

**1 RF Rock forward**

**2 LF Rock back on LF**

**3 RF Step with  $\frac{1}{4}$  turn right to right side (6:00)**

**& LF Step beside right**

**4 RF Step with  $\frac{1}{4}$  turn right forwards (3:00)**

**5 LF Rock forward**

**6 RF Rock back on RF**

**7 LF Step backwards**

**& RF Step next to left**

**8 LF Step forward**

**RF Start again ...**

**RESTART: on wall 5, after count 24 (12:00)**