

# OPEN YOUR HEART

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**Count:** 64      **Wall:** 2      **Level:** intermediate

**Choreographer:** Mellissa Kelly & Shanon Dickson

**Music:** Catch My Disease by Ben Lee

- 1&2**      Step left to left side, step right beside left, step left to left side (side shuffle left)
- 3-4**      Rock back on right, rock/replace forward on left
- 5-6**      Turn  $\frac{1}{4}$  turn left & step back on right, turn  $\frac{1}{2}$  turn left & step forward on left
- 7&8**      Step forward on right, pivot  $\frac{1}{2}$  turn left, step forward on right
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- 1-2**      Step forward on left, scuff right forward
- 3-4**      Hook right across in front of left knee, kick right forward
- 5&6**      Step forward on right, step left beside right, step forward on right (shuffle forward right)
- 7&8**      Rock forward on left, rock/replace back on right, step back on left
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- 1&2**      Rock right to right side, rock /replace onto left, step right across & in front of left (side ball cross)
- 3-4**      Step left to left side & sway hips double left
- 5-6**      Sway hips double right
- 7-8**      Sway hips single left, right
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- 1-2**      Rock forward on left, rock/replace back on right
- 3&4**      Turn  $\frac{1}{2}$  turn left & step forward on left, step right beside left, step forward on left (shuffle forward left)
- 5-6**      Rock forward on right, rock/replace back on left
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- Restart goes here**
- 7&8**      Step right to right side, step left in place, cross right over in front of left (side ball cross)

- 1-2** Step left to left side, hold
- &3-4** Step right beside left, step left to left side, hold
- &5-6** Step right beside left, step left to left side, step right in place
- 7&8** Step left behind right, turn  $\frac{1}{4}$  turn right & step forward on right, step forward on left

- 1&2** Touch right heel forward, step right back to center, touch left toe back
- 3-4** Pivot  $\frac{1}{2}$  turn left, hold (keep weight back on right)
- 5-6** Step back on left, rock/replace forward on right
- &7-8** Step left beside right, step forward on right, pivot  $\frac{1}{2}$  turn left

- 1-2** Touch right to right side, turn  $\frac{1}{4}$  turn right on ball of left, step right beside left ( $\frac{1}{4}$  turn Monterey)
- 3-4** Touch left to left side, turn  $\frac{1}{2}$  turn left on ball of right, step left beside right ( $\frac{1}{2}$  turn Monterey)
- 5&6&** Sweep right toe forward & touch in front, sweep right toe back & step back on right (Charleston)
- 7&8** Sweep left toe back & touch back, sweep left toe forward & step forward on left (Charleston)

**For styling try twisting your heels during the Charleston steps**

- 1-2&** Step right at 45 degrees right, lock/step left behind right, step right slightly at 45 degrees right (Dorothy step)
- 3-4&** Step left at 45 degrees left, lock/step right behind left, step left slightly at 45 degrees left (Dorothy step)
- 5-6** Rock forward on right, rock/replace back on left
- 7&8** Turn  $\frac{1}{4}$  turn right & step right to right side, slightly drag left towards right, cross right over left

**REPEAT**

## RESTART

**On walls 2 and 5, dance the first 30 counts then add the following 2 counts to restart**

**1-2** Turn  $\frac{1}{4}$  turn right & step right to right side, drag left towards right

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=33741](https://www.linedance.com/index.php?f=dance_view&id=33741)