Choreographer: Alison Biggs \& Peter Metelnick
Count: 80
Wall: 2


Level: Intermediate
Intro: 32 counts
Music: "My Heart Is Open" by Keith Urban
[1-8] $R$ side, $L$ behind/ $R$ side/cross $L$ over $R, R$ side, $L$ cross point, $L$ side point, $1 / 4 L$ 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
$7 \& 8 \quad$ Turning $1 / 4$ left step $L$ back, step R together, step L forward (9 o'clock)
[9-16] Skate fwd $R / L$, syncopated $R$ cross rock/recover $L, R$ to $R$ side, $L$ cross rock/recover, $1 / 4 L$ 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 $1 / 4$ left step $L$ forward ( 6 o'clock)
[17-24] R fwd, $1 / 4 \mathrm{~L}$ pivot turn, $R$ crossing shuffle, $L$ side point, $L$ cross step, $1 / 4$ R modified syncopated Monterey
1-2 Step R forward, pivot $1 / 4$ left (3 o'clock)
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 $1 / 4$ right step $R$ together, point $L$ toes side ( 6 o'clock)
[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, $1 / 4$ R sailor, $L$ forward, $R$ fwd rock/recover, $1 / 4 \mathbf{R}$ sailor
$1,2 \& 3 \quad$ Step $L$ back, turning $1 / 4$ right sweep and step $R$ behind $L$, step $L$ side, step $R$ side ( 9 o'clock)
4-6 Step $L$ forward, rock $R$ forward, recover weight on $L$
7\&8 Turning $1 / 4$ sweep and step $R$ behind $L$, step $L$ side, step $R$ side (12 o'clock)
[41-48] L fwd rock/recover, $1 / 2 L$ shuffle, $R$ fwd, $1 / 2 L$ pivot turn, walk fwd R/L
1-2 Rock $L$ forward, recover weight on $R$
$3 \& 4 \quad$ Turning $1 / 2$ left step $L$ forward, step R together, step $L$ forward ( 6 o'clock)
5-8 Step R forward, pivot $1 / 2$ left, step $R$ forward, step $L$ forward ( 12 o'clock)
On counts 47-48 you can execute a full left turn moving forward in your LOD
WALL 3 RESTART: 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\& $\quad$ 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, $1 / 4 L$ pivot turn, $R$ cross shuffle, $L$ side, $R$ behind/L side/cross $R$ over, $L$ to $L$ side
1-2 Step R forward, pivot $1 / 4$ left ( 9 o'clock)
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, $1 / 2 L$ hinge turn, $R$ ball step cross
1-2 Rock $R$ back, recover weight on $L$ (opening body up to diagonal)
$3 \& 4 \quad$ Kick R forward, step R back, cross step L over R
5-6 Turning $1 / 4$ left step $R$ back, turning $1 / 4$ left step $L$ side ( 3 o'clock)
\&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 $1 / 4$ R step $R$ fwd, $L$ side rock/recover $R / c r o s s L$ 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 $1 / 4$ right step R forward ( 6 o'clock)
$7 \& 8 \quad$ Rock $L$ side, recover weight on $R$, cross step $L$ over $R$
Repeat

