

Atemlos

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Count: 32

Wall: 4

Level: High Beginner - Novelty / Social

Choreographer: Sarah Fröhlich (April 2014)

Music: Atemlos durch die Nacht – Helene Fischer

Dance starts after 16 counts!

CHASSÉ R, ROCK STEP, CHASSÉ L with ¼ TURN, ROCK STEP

1&2RF step side, LF close to RF, RF step right

3,4LF step back, recover on RF

5&6LF step side, RF close to LF, 1/4 turn right stepping LF back

7,8RF step back, recover on LF

2x DIAGONAL STEP TOUCH, ½ CHASSÉ R, ½ CHASSÉ R

1,2RF step diagonal forward, LF touch next to RF

3,4LF step diagonal forward, RF touch next to LF

5&6¼ turn right RF step side, LF close to RF, ¼ turn right RF step forward

7&8¼ turn right LF step side, RF close to LF, ¼ turn right LF step back

¼ TURN R, STEP TOUCH, ¼ TURN R, STEP TOUCH, STEP RIGHT, KNEE POP, CLOSE L

1,2¼ turn right and RF step right, LF touch next to RF

3,4¼ turn right and LF step left, RF touch next to LF

5RF step side

6,7turn left knee in and out

8LF close to RF

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1,2RF step to right, recover on LF

3&4RF step behind LF, LF step side, RF cross in front of LF

5,6LF step to left, recover on RF

7&8LF step behind RF, RF step side, LF cross in front of RF

Restarts: After count 24 in wall 1, 2, 7 and 8.

Tags: Sways for eight counts after wall 6, and for four counts after wall 11.

Have fun and be happy!

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