

# Atemlos

**COPPER** **NOB**  
BY STEPHANIE

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner - Novelty / Social



**Chorégraphe:** Sarah Fröhlich (DE) - April 2014

**Musique:** Atemlos durch die Nacht - Helene Fischer

**Dance starts after 16 counts!**

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

1&2 RF step side, LF close to RF, RF step right  
3,4 LF step back, recover on RF  
5&6 LF step side, RF close to LF, 1/4 turn right stepping LF back  
7,8 RF step back, recover on LF

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

1,2 RF step diagonal forward, LF touch next to RF  
3,4 LF step diagonal forward, RF touch next to LF  
5&6 ¼ turn right RF step side, LF close to RF, ¼ turn right RF step forward  
7&8 ¼ 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**

1,2 ¼ turn right and RF step right, LF touch next to RF  
3,4 ¼ turn right and LF step left, RF touch next to LF  
5 RF step side  
6,7 turn left knee in and out  
8 LF close to RF

## **SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS**

1,2 RF step to right, recover on LF  
3&4 RF step behind LF, LF step side, RF cross in front of LF  
5,6 LF step to left, recover on RF  
7&8 LF 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!**

**Contact:** sarah.b.cheerful@gmail.com