

Atemlos (Breathless)

COPPERKNOB
STEP SHEETS

拍数: 56 墙数: 4 级数: Phrased Intermediate
编舞者: Dirk Leibing (DE) & Tobias Jentzsch (DE) - February 2014
音乐: Atemlos durch die Nacht - Helene Fischer



Sequence: AA-BBBB-Tag1-AA-BBB-Tag2-BBB

Intro: 16 counts

Part A - 24 counts

Side, Cross, Side, Kick, Turn ¼ (2x), Back, Point

1-2 Step LF left, Cross RF in front of LF
3-4 Step LF left, Kick RF to right diagonal(1:30)
&5-6 Hitch RF(&), Step RF (1/8) forward(3:00), turn ¼ right step LF left(6:00)
7-8 Turn 1/8 right step RF back(7:30), Point LF left

Cross, Point, Cross, Point, Jazz Box with 3/8 turn left

1-2 Cross LF in front of RF, Point RF right
3-4 Cross RF in front of LF, Point LF left
5-6 Cross LF in front of RF, Turn 3/8 left stepping RF back (3:00)
7-8 Step LF left, Touch RF next to LF

Side, Drag, Back Rock, Recover, Turn ¼ right(2x), Cross Rock, Recover

1-2 Step RF right, Drag LF next to RF
3-4 Rock Step LF back, Recover on RF
5-6 Turn ¼ right stepping LF back, Turn ¼ right stepping RF right(9:00)
7-8 Cross Rock LF in front of RF, Recover on RF

Part B - 32 counts

Chasse, Back Rock, Recover, 1/4, Turn right, ½ Turn right, Chasse ¼ Turn right

1&2 LF Step left, Close RF next to RF, LF Step left
3-4 RF Rock back, Recover on LF
5-6 Turn ¼ right stepping RF forward(3:00), Turn ½ right stepping LF back(9:00)
7&8 Turn ¼ right stepping RF right(12:00), Close LF next to RF, Step RF right

Cross, Point, Behind, Point, Coaster Step, Step ¼ Turn

1-2 Cross LF in front of RF, Point RF right
3-4 Cross RF behind LF, Point LF left
5&6 Step LF back, Close RF next to LF, Step LF forward
7-8 Step RF forward, Turn ¼ left(weight is on LF now)(9:00)

Syncopated Weave left, Chasse, Back Rock, Recover

1-2 Cross RF in front of LF, Step LF left
3&4 Step RF behind LF(3), Step LF left(&), Cross RF in front of LF
5&6 Step LF left(5), Close RF next to LF(&), Step LF left
7-8 Rock RF back, Recover on LF

"Rolling Vine" right, Point, ¼ Turn left, ¼ Turn left on ball and Point, Kick Ball Hitch

1-2 Turn ¼ right stepping RF forward(12:00), Turn ½ right stepping LF back(6:00)
3-4 Turn ¼ right stepping RF right(9:00), Point LF left
5-6 Turn ¼ left stepping LF forward(6:00), Turn ¼ left on ball of LF and Point RF right
&7&8 Hitch RF(&), Kick RF forward(7), Step on ball of RF(&), Hitch LF(8)

Tag 1 (8 Counts)

Rolling Vine left, Cross, Side, Hitch, Turn ½ right, Hitch

- 1-2 Turn ¼ left stepping LF forward, Turn ½ left stepping RF back
- 3-4 Turn ¼ left stepping LF left, Cross RF in front of LF(6:00)
- 5-6 Step LF left, Hitch right knee
- 7-8 Turn ½ right on ball of RF, Hitch left knee(12:00)

Tag 2 (4 Counts)

¼ Turn left, Touch, Side, Hitch

- 1-2 Turn ¼ left stepping LF forward, Touch RF next to LF
- 3-4 Step RF right, Hitch left knee

Start again - Have Fun

**Contacts: Dirk Leibing & Tobias Jentsch
dirk@leibing.de & tobiasjentsch90@web.de**

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