

# Atemlos

**COPPER** KNOB  
BY STEPHEN METZ

拍数: 32      墙数: 4      级数: High Beginner - Novelty / Social  
编舞者: Sarah Fröhlich (DE) - April 2014  
音乐: 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](mailto:sarah.b.cheerful@gmail.com)**

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