

Breathless (Atemlos)

COPPERKNOB
STEPSHEETS

拍数: 144 墙数: 4 级数: Phrased Intermediate
编舞者: Els de VOS (NL) - June 2014
音乐: Atemlos durch die Nacht - Helene Fischer



Sequence: A ,B, A ,B , B.

Ending at the end of 5th wall.

Intro 16 counts

**** Notes: Thank you to my very special friend Gert V for suggesting this track. ****

PART A

[1 - 8] Rock right fwd and walk L walk R, step L fwd, pivot ¼ right, cross shuffle.

1 2 & 3 4 Rock fwd R, Recover, ,R next to left (&) step L fwd, step R fwd.
5 6 7 & 8 Step left fwd, pivot ¼ right, cross L over R, R side right, cross L over R.

[9 - 16] Side rock right and cross , step to the right, rock back, kick ball cross.

1 2 & 3 4 Rock R to right side, recover, R next to left (&), cross left over right, step R to right side
5 6 7 & 8 Rock L back, recover, kick L fwd, L ball, step R across L

[17 - 24] K step, Step touches on a diagonal Fwd and back (snap your fingers)

1 2 3 4 L step left fwd (left diagonal)R touch next, R step back, L touch next.
5 6 7 8 L step left back (right diagonal) R touch next, R step fwd, L touch next.

[25 - 32] Rock left fwd and walk R, walk L, step R fwd pivot 1/4 left, cross shuffle.

1 2 & 3 4 Rock fwd L ,Recover, L next to R (&) step R fwd, step L fwd.
5 6 7 & 8 Step R fwd, pivot1/4 left, cross R over L, L side left ,cross R over L

[33 - 40] Side rock left and cross, step to the left, rock back, kick ball cross.

1 2 & 3 4 Rock L to left side, recover, L next to R (&) cross R over L, step L to left side.
5 6 7 & 8 Rock R back, recover, kick R fwd, R ball, step L across R

[41 - 48] K step ,Step touches on a diagonal fwd and back (snap your fingers)

1 2 3 4 R step right fwd (right diagonal) L touch next R, L step back, R touch next
5 6 7 8 R step right back (left diagonal) L touch next ,L step fwd , R touch next.

[49 - 56] Step lock step scuff, right and left.

1 2 3 4 Step R fwd lock L behind R, step R fwd, scuff L.
5 6 7 8 Step L fwd lock R behind L, step L fwd, scuff R.

[57 - 64] Rocking chair, paddle ¼ left, paddle ¼ left

1 2 3 4 Rock R fwd, recover, rock back R, recover.
5 6 7 8 Step R fwd turn 1/4 left, step R fwd turn1/4 left.

[65 - 72] Step lock step, scuff, right and left.

1 2 3 4 Step R fwd lock L behind R, step R fwd, scuff L.
5 6 7 8 Step L fwd lock R behind L, step L fwd ,scuff R.

[73 - 80] Rocking chair, cross R, unwind ½ left.

1 2 3 4 Rock R fwd, recover, rock back R, recover.
5 6 7 8 Cross R over L, hold, unwind left, hold.

PART B

[1 - 8] Walk R hold , run, turn right, turn left, step R fwd, ½ turn L sweep left behind.

1 2 3 4 Step R fwd, hold, run L, run R.

5 6 7 8 Run L, half turn right, half turn left, step R fwd and turn half L and sweep L back.

[9 - 16] Step lock step, step lock step, back, next.

1 2 3 4 Step L back, R across L, step L back, step R back.

5 6 7 8 L across R, step R back, L back, R next to L.

[17 - 24] Walk L, hold, run, chasse ¼ left.

1 2 3 4 Step L fwd, hold, run R, run L,

5 6 7 8 Run R, step L left, R next L, L fwd ¼ left.

[25 - 32] Step lock step, step lock step, fwd, next.

1 2 3 4 Step R fwd, L lock behind R, step R fwd, step L fwd.

5 6 7 8 R lock behind L, step L fwd, step R fwd, L next to R.

(Tag 1, 2nd & 5th walls)

[33 - 40] Step kick, walk back, hook, cross step, point.

1 2 3 4 Step R fwd, kick L fwd, L back , R back.

5 6 7 8 L back, hook R across L, cross R, point L left.

[41 – 48] Weave (5), point, turn ¼ right, hook, step.

1 2 3 4 Cross L over R, step R right side, cross L behind R, step R right side.

5 6 7 8 Cross L over R, point R right side, turn ¼ right, hook R across L, step R fwd.

[49 - 56] Step lock step, scuff, step lock step, scuff.

1 2 3 4 Step L fwd, lock R behind, step L fwd, scuff R.

5 6 7 8 Step R fwd, lock L behind, step R fwd, scuff L.

[57 - 64] Walk circle half turn right, chasse left, touch hook.

1 2 3 4 Walk L, R, L, R circle half right.

5 & 6 7 8 Step L left side, R next L, step L left side, touch R fwd, hook R across L.

(Tag 2, 2nd wall) Tag 3, 4th wall)

Tag 1: Repeat the first 32 counts of part B (wall 2, wall 5.)

Tag 2: 4x paddle turn left, start with R fwd. (end of wall 2.)

Tag 3: Rocking chair, Rock R fwd, recover. Rock R back, recover. 4 counts (end of wall 4.)

Ending:

1 2 3 4 Step R pivot ¼ left, step R pivot ¼ left.

5 6 7 8 Cross right over left, unwind full turn left,

ENJOY!

Contact: elsbdv@gmail.com

Last Update - 3rd July 2014
