

# Atemlos (Breathless)

COPPERKNOB  
STEPSHEETS

拍數: 56      牆數: 4      級數: Phrased Intermediate  
編舞者: Dirk Leibing (DE) & Tobias Jentzsch (DE) - February 2014  
音樂: 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**

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**Last Update - 17th Feb 2014**

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