

Atemlos

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: High Beginner - Novelty / Social
編舞者: Sarah Fröhlich (DE) - April 2014
音樂: 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