

Atemlos

Choreographer: Sarah Fröhlich

Level: High Beginner/ Social

Counts: 32

Wall: 4

Motion: Novelty (Disco Charles)

Music: 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!