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(23705)

## **Atemios**

## **BEGINNER**

32 Count 4 Walls Choreographed by: Sarah Fröhlich Choreographed to: Atemlos durch die Nacht by Helene Fischer

1 - 8 1 & 2 3, 4 5 & 6 7, 8	CHASSE R, ROCK STEP, CHASSE L with 1/4 TURN, ROCK STEP RF step side, LF close to RF, RF step right LF step back, recover on RF LF step side, RF close to LF, 1/4 turn right stepping LF back RF step back, recover on LF
<b>9 - 16</b> 9, 10 11, 12 13 & 14 15 & 16	2x DIAGONAL STEP TOUCH, 1/2 CHASSE R, 1/2 CHASSE R RF step diagonal forward, LF touch next to RF LF step diagonal forward, RF touch next to LF 1/4 turn right RF step side, LF close to RF, 1/4 turn right RF step forward 1/4 turn right LF step side, RF close to LF, 1/4 turn right LF step back
17 - 24 17, 18 19, 20 21 22, 23 24	1/4 TURN R, STEP TOUCH, 1/4 TURN R, STEP TOUCH, STEP RIGHT, KNEE POP, CLOSE L 1/4 turn right and RF step right, LF touch next to RF 1/4 turn right and LF step left, RF touch next to LF RF step side turn left knee in and out LF close to RF
<b>25 - 32</b> 25, 26 27 & 28 29, 30 31 & 32	SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS RF step to right, recover on LF RF step behind LF, LF step side, RF cross in front of LF LF step to left, recover on RF 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!

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