

Breathless (Atemlos)

Phrased, 4 Wall, Intermediate/Advanced

Choreographer: Els de Vos (June 2014)

Choreographed to: Atemlos Durch Die Nacht by Helene Fischer

Sequence: 16-count intro, AAB, B(1-32), AAB, Tag 2, B, B(1-32), Tag 1

Start dancing on lyrics

PART A

1 ROCK RIGHT FORWARD AND WALK LEFT WALK RIGHT, STEP LEFT FORWARD, ¼ RIGHT CROSS SHUFFLE

1-2&3-4 Rock right forward, recover to left, step right together, step left forward, step right forward

5-6-7&8 Step left forward, turn ¼ right (weight to right), crossing chassé left-right-left

2 SIDE ROCK RIGHT AND CROSS, STEP TO THE RIGHT, ROCK BACK, KICK BALL CROSS

1-2&3-4 Rock right side, recover to left, step right together, cross left over, step right side

5-6-7&8 Rock left back, recover to right, left kick ball cross

3 K STEP, STEP TOUCHES ON A DIAGONAL FORWARD AND BACK (SNAP YOUR FINGERS)

1-4 Step left diagonally forward, touch right together, step right diagonally back, touch left together

5-8 Step left diagonally back, touch right together, step right diagonally forward, touch left together

4 ROCK LEFT FORWARD AND WALK RIGHT, WALK LEFT, STEP RIGHT FORWARD ¼ LEFT, CROSS SHUFFLE

1-2&3-4 Rock left forward, recover to right, step left together, step right forward, step left forward

5-6-7&8 Step right forward, turn ¼ left (weight to left), crossing chassé right-left-right

5 SIDE ROCK LEFT AND CROSS, STEP TO THE LEFT, ROCK BACK, KICK BALL CROSS

1-2&3-4 Rock left side, recover to right, step left together, cross right over, step left side

5-6-7&8 Rock right back, recover to left, right kick ball cross

6 K STEP, STEP TOUCHES ON A DIAGONAL FORWARD AND BACK (SNAP YOUR FINGERS)

1-4 Step right diagonally forward, touch left together, step left diagonally back, touch right together

5-8 Step right diagonally back, touch left together, step left diagonally forward, touch right together

7 STEP LOCK STEP SCUFF, RIGHT AND LEFT

1-4 Step right forward, lock left behind, step right forward, scuff left forward

5-8 Step left forward, lock right behind, step left forward, scuff right forward

8 ROCKING CHAIR, PADDLE ¼ LEFT, PADDLE ¼ LEFT

1-4 Rock right forward, recover to left, rock right back, recover to left

5-8 Step right forward, turn ¼ left (weight to left), step right forward, turn ¼ left (weight to left)

9 STEP LOCK STEP, SCUFF, RIGHT AND LEFT

1-4 Step right forward, lock left behind, step right forward, scuff left forward

5-8 Step left forward, lock right behind, step left forward, scuff right forward

10 ROCKING CHAIR, CROSS RIGHT, UNWIND ½ LEFT

1-4 Rock right forward, recover to left, rock right back, recover to left

5-8 Cross right over, hold, unwind ½ left (weight to left), hold

PART B

1 WALK RIGHT HOLD, RUN, TURN RIGHT, TURN LEFT, STEP RIGHT FORWARD, TURN ½ LEFT, SWEEP LEFT BEHIND

1-4 Step right forward, hold, step left forward, step right forward

5-6 Step left forward, swivel turn ½ right,

7-8 Wwivel turn ½ left (weight to left), turn ½ left and sweep left front to back

2 STEP LOCK STEP, STEP LOCK STEP, BACK, NEXT

1-4 Step left back, lock right over, step left back, step right back

5-8 Lock left over, step right back, step left back, step right together

3 WALK LEFT, HOLD, RUN, CHASSE ¼ LEFT

1-4 Step left forward, hold, step right forward, step left forward

5-8 Step right forward, step left side, step right together, turn ¼ left and step left forward

4 STEP LOCK STEP, STEP LOCK STEP, FORWARD, NEXT

1-4 Step right forward, lock left behind, step right forward, step left forward

5-8 Lock right behind, step left forward, step right forward, step left together

5 STEP KICK, WALK BACK, HOOK, CROSS, POINT

1-4 Step right forward, kick left forward, step left back, step right back

5-8 Step left back, hook right over, cross right over, touch left side

6 WEAVE, POINT, TURN ¼ RIGHT, HOOK, STEP

1-4 Cross left over, step right side, cross left behind, step right side

5-8 Cross left over, touch right side, turn ¼ right and hook right over, step right forward

7 STEP LOCK STEP, SCUFF, STEP LOCK STEP, SCUFF

1-4 Step left forward, lock right behind, step left forward, scuff right forward

5-8 Step right forward, lock left behind, step right forward, scuff left forward

8 WALK CIRCLE TURN ½ RIGHT, CHASSE LEFT, TOUCH HOOK

1-2 Turn 1/8 right and step left forward, turn 1/8 right and step right forward,

3-4 Turn 1/8 right and step left forward, turn 1/8 right and step right forward

5&6-7-8 Step left side, step right together, step left side, touch right forward, hook right over

TAG 1

1-2 Step right forward, turn ¼ left (weight to left)

3-4 Step right forward, turn ¼ left (weight to left)

5-6 Step right forward, turn ¼ left (weight to left)

7-8 Step right forward, turn ¼ left (weight to left)

TAG 2

1-4 Rock right forward, recover to left, rock right back, recover to left

ENDING

1-4 Step right forward, hold, turn ¼ left (weight to left), hold

5-8 Cross right over, hold, unwind a full turn left, hold