

# Atomik Polka

## Choreographed by Bastiaan van Leeuwen

Description: 64 count, 4 wall, intermediate polka line dance

Music: Turbo Polka by Atomik Harmonik

### **RIGHT SHUFFLE, ¼ TURN RIGHT, SIDE SHUFFLE, ¼ TURN RIGHT SHUFFLE BACK, COASTER STEP**

- 1&2 Step right forward, close left to right, step right forward
- 3&4 Turn ¼ right and step left to the left side, close right to left, step left to left side
- 5&6 Turn ¼ right and step right back, close left to right, step right back
- 7&8 Step left back, step right beside left, step left forward

### **DIAGONAL FORWARD GALLOPS RIGHT AND LEFT WITH TOUCHES**

- 1&2 Step right forward, close left to right, step right forward
- &3-4 Close left to right, step right forward, touch left beside right
- 5&6 Step left forward, close right to left, step left forward
- &7-8 Close right to left, step left forward, touch right beside left

### **HEEL TAPS, COASTER STEP, HEEL TAPS, SAILOR STEP TURNING ¼ LEFT**

- 1-2 Touch right heel forward, touch right heel forward
- 3&4 Step right back, step left beside right, step right forward
- 5-6 Touch left heel forward, touch left heel forward
- 7&8 Cross left behind right, turn ¼ left step right to right side, step left beside right

### **HEEL SWITCHES FORWARD, CLAP TWICE, TWICE**

- 1&2 Touch right heel forward, step right beside left, touch left heel forward
- &3 Step left beside right, touch right heel forward
- &4 Clap, clap
- &5 Step right beside left, touch left heel forward
- &6 Step left beside right, touch right heel forward
- &7 Step right beside left, touch left heel forward
- &8 Clap, clap
- & Step left beside right

### **SHUFFLES TURNING ¼ RIGHT 4X (FULL TURN)**

- 1&2 Turn ¼ right, step right forward, close left to right, step right forward
- 3&4 Turn ¼ right and step left forward, close right to left, step left forward
- 5&6 Turn ¼ right, step right forward, close left to right, step right forward
- 7&8 Turn ¼ right and step left forward, close right to left, step left forward

### **FULL TURN RIGHT, TOUCH AND CLAP, FULL TURN LEFT, TOUCH AND CLAP**

- 1-2 Turn ¼ right and step right forward, turn ½ right and step left back
- 3-4 Turn ¼ right and step right to right side, touch left beside right and clap
- 5-6 Turn ¼ left and step left forward, turn ½ left and step right back
- 7-8 Turn ¼ left and step left to left side, touch right beside left and clap

### **SHUFFLE BACKWARD, COASTER STEP, FULL TURN LEFT, STEP TOUCH**

- 1&2 Step right back, close left to right, step right back
- 3&4 Step left back, step right beside left, step left forward
- 5-6 Turn ½ left and step right back, turn ½ left and step left forward
- 7-8 Step right forward, touch left beside right

### **HIP BUMPS, TOUCH, SHUFFLE BACKWARD, COASTER STEP**

- 1-2 Step left to left side and bump hips left, bump hips right
- 3-4 Bump hips left, touch right beside left
- 5&6 Step right back, close left to right, step right back
- 7&8 Step left back, step right beside left, step left forward

### **REPEAT**

Step Sheet Courtesy of Mark's Countryedge at <http://countryedge.com>