

Atomik Polka

64 count / 4 wall line dance
Intermedite Level



Choreographie:

Bastiaan van Leeuwen

Musik:

Turbo Polka

Atomik Harmonik (138 bpm / CD: Turbo Polka)

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