

Atomik Polka

Choreographed by Bastiaan van Leeuwen

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

Music: Turbo Polka by Atomik Harmonik [138 bpm / CD: Compilation Dance: ToCo Dance Party, Vol. 12 / CD: Turbo Polka / Available on iTunes]

Start dancing on lyrics

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

1&2 Chassé forward right, left, right

3&4 Turn ¼ right and step left to side, step right together, step left to side

5&6 Turn ¼ right and step right back, step left together, step right back

7&8 Step left back, step right together, step left forward

DIAGONAL FORWARD GALLOPS RIGHT AND LEFT WITH TOUCHES

1&2 Chassé forward right, left, right

&3-4 Step left together, step right forward, touch left together

5&6 Chassé forward left, right, left

&7-8 Step right together, step left forward, touch right together

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 together, step right forward

5-6 Touch left heel forward, touch left heel forward

7&8 Cross left behind right, turn ¼ left and step right to side, step left together

HEEL SWITCHES FORWARD, CLAP TWICE, TWICE

1&2 Touch right heel forward, step right together, touch left heel forward

&3 Step left together, touch right heel forward

&4 Clap, clap

&5 Step right together, touch left heel forward

&6 Step left together, touch right heel forward

&7 Step right together, touch left heel forward

&8 Clap, clap

& Step left together

SHUFFLES TURNING ¼ RIGHT 4X (FULL TURN)

1&2 Turn ¼ right and step right forward, step left together, step right forward

3&4 Turn ¼ right and step left forward, step right together, step left forward

5&6 Turn ¼ right and step right forward, step left together, step right forward

7&8 Turn ¼ right and step left forward, step right together, 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 side, touch left together (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 side, touch right together (clap)

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

- 1&2 Chassé back right, left, right
- 3&4 Step left back, step right together, step left forward
- 5-6 Turn $\frac{1}{2}$ left and step right back, turn $\frac{1}{2}$ left and step left forward
- 7-8 Step right forward, touch left together

HIP BUMPS, TOUCH, SHUFFLE BACKWARD, COASTER STEP

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

REPEAT