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Atomik Polka

Choreographer: Bastiaan van Leeuwen

Count: 64

Wall: 4

Level: intermediate polka

Music: "Turbo Polka" by Atomik Harmonik

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

1&2	Step right forward, step left together, step right forward
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	Step right forward, step left together, step right forward
&3-4	Step left together, step right forward, touch left together
5&6	Step left forward, step right together, step left forward
&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	Step right back, step left together, step right back
3&4	Step left back, step right together, 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 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	Step right back, step left together, step right back
7&8	Step left back, step right together, step left forward

Repeat