

# ATOMIK POLKA

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**Count:** 64

**Wall:** 4

**Level:** intermediate polka

**Choreographer:** Bastiaan van Leeuwen

**Music:** Turbo Polka by Atomik Harmonik

## RIGHT SHUFFLE, TURN $\frac{1}{4}$ RIGHT, SIDE SHUFFLE, TURN $\frac{1}{4}$ RIGHT SHUFFLE BACK, COASTER STEP

- 1&2** Step right forward, step left together, step right forward
- 3&4** Turn  $\frac{1}{4}$  right and step left to side, step right together, step left to side
- 5&6** Turn  $\frac{1}{4}$  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 $\frac{1}{4}$ 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  $\frac{1}{4}$  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**