

Atomik Polka



Choreographed by: Bastiaan van Leeuwen
Music: **Turbo Polka** by **Atomik Harmonik**
Type: 4 wall, 64 counts
Level: Intermediate polka

NOTES 52 count intro - start after heavy beats on word 'you'

[1 – 8] FORWARD SHUFFLE, ¼ TURN SIDE SHUFFLE, ¼ TURN BACK SHUFFLE, COASTER-STEP

1 & 2 Step right forward, step left together, step right forward.
3 & 4 Turn ¼ right and step left to left side, step right together, step left to left side. [3:00]
5 & 6 Turn ¼ right and step back on right, step left together, step back on right. [6:00]
7 & 8 Step back on left, step right together, step left forward.

[9 – 16] DIAGONAL FORWARD GALLOPS RIGHT AND LEFT WITH TOUCHES

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

[17 – 24] HEEL TAPS, COASTER-STEP, HEEL TAPS, ¼ TURN LEFT SAILOR-STEP

1 – 2 Touch right heel forward, touch right heel forward.
3 & 4 Step back on right, 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. [3:00]

[25 – 32] HEEL SWITCHES, CLAP X2, HEEL SWITCHES, CLAP X2

1& Touch right heel forward, step right together.
2& Touch left heel forward, step left together.
3 & 4 Touch right heel forward, clap, clap.
& Step right together.
5& Touch left heel forward, step left together.
6& Touch right heel forward, step right together.
7 & 8 Touch left heel forward, clap, clap.
& Step left together.

[33 – 40] ¼ TURN RIGHT SHUFFLE X4 (FULL TURN)

1 & 2 Turn ¼ right and step right forward, step left together, step right forward. [6:00]
3 & 4 Turn ¼ right and step left forward, step right together, step left forward. [9:00]
5 & 6 Turn ¼ right and step right forward, step left together, step right forward. [12:00]
7 & 8 Turn ¼ right and step left forward, step right together, step left forward. [3:00]

Continues...

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[41 – 48] FULL TURN RIGHT, TOUCH AND CLAP, FULL TURN LEFT, TOUCH AND CLAP

- 1 – 2 Turn $\frac{1}{4}$ right and step right forward, turn $\frac{1}{2}$ right and step back on left.
- 3 – 4 Turn $\frac{1}{4}$ right and step right to side, touch left together and clap. [3:00]
- 5 – 6 Turn $\frac{1}{4}$ left and step left forward, turn $\frac{1}{2}$ left and step back on right.
- 7 – 8 Turn $\frac{1}{4}$ left and step left to side, touch right together and clap. [3:00]

[49 – 56] BACK SHUFFLE, COASTER-STEP, FULL TURN LEFT, STEP, TOUCH

- 1 & 2 Step back on right, step left together, step back on right.
- 3 & 4 Step back on left, step right together, step left forward.
- 5 – 6 Turn $\frac{1}{2}$ left and step back on right, turn $\frac{1}{2}$ left and step left forward. [3:00]
- 7 – 8 Step right forward, touch left together.

[57 – 64] HIP BUMPS, TOUCH, BACK SHUFFLE, COASTER-STEP

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

Start Again!