

Helluva Polka



Choreographed by: Kathy Hunyadi
Music: **If You're Going Through Hell** by **Rodney Atkins**
Type: 4 wall, 32 counts
Level: Beginner/Intermediate

NOTES: Dance starts on vocals.
Polka is a very lively, upbeat dance. Be sure your weight is on the balls of the feet on the shuffles & swivels!

RIGHT SHUFFLE, LEFT SHUFFLE, ½ TURN LEFT, RIGHT SHUFFLE BACK, LEFT SAILOR TURNING ¼ LEFT

1 & 2 Shuffle forward R, L, R.
3 & 4 Shuffle forward L, R, L.
5 & 6 Turn ½ left and shuffle back R, L, R.
7 & 8 Step left behind right and at same time turn ¼ left, step right to side, step left in place.

WALK, WALK, STEP, HEEL SWIVELS, WALK, WALK, ROCK & ¼ TURN LEFT

1 – 2 Step forward right, step forward left.
3 & 4 Step right forward, swivel both heels to right & back to center (weight ends on right).
5 – 6 Step forward left, step forward right.
7 & 8 Rock forward on left, recover weight to right, turn ¼ left stepping left to side.

CROSSING SHUFFLE, ¼ TURN SHUFFLE, ¼ TURN SHUFFLE, CROSS ROCK, ¼ LEFT TURN

1 & 2 Cross right foot over left, step slightly left on left, cross right foot over left.
3 & 4 Turn ¼ right while stepping back on left, step right beside left, step left slightly back.
5 & 6 Turn ¼ right while stepping right to side, step left beside right, step right slightly to side.
7 & 8 Rock left forward and across right, recover weight to right, turn ¼ left stepping forward on left.

HEEL SWITCHES, HOLD, CLAP TWICE, HEEL SWITCHES, HOLD, CLAP TWICE, QUICK STEP BACK

1&2& Touch right heel forward, step right home, touch left heel forward, step left home.
3 & 4 Touch right heel forward, hold & clap hands twice.
5&6& Step right home, touch left heel forward, step left home, touch right heel forward, step right home.
7&8& Touch left heel forward, hold & clap hands twice, quickly step left back.

Start again!