

# Atomik Polka

Choreographed by Bastiaan van Leeuwen

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

Musique: **Turbo Polka** by Atomik Harmonik [138 bpm / CD: [Turbo Polka](#)]

## **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**