



Approved by:

*B.v. Leeuwen*

# Atomik Polka

## 4 WALL - 64 COUNTS - INTERMEDIATE

| STEPS                                                                                      | ACTUAL FOOTWORK                                                                                                                                                                                                                                                                                                                                                                                                                                 | CALLING SUGGESTION                                                           | DIRECTION                                      |
|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------|
| <b>Section 1</b><br>1 & 2<br>3 & 4<br>5 & 6<br>7 & 8                                       | <b>Forward Shuffle, 1/4 Turn Side Shuffle, 1/4 Turn Back Shuffle, Coaster</b><br>Step right forward. Close left to right. Step right forward.<br>Turn 1/4 right and step left to side. Close right to left. Step left to side.<br>Turn 1/4 right and step right back. Close left to right. Step right back.<br>Step left back. Step right beside left. Step left forward.                                                                       | Right Shuffle<br>Turning Shuffle<br>Turning Shuffle<br>Coaster Step          | Forward<br>Turning right<br>On the spot        |
| <b>Section 2</b><br>1 & 2<br>& 3 - 4<br><b>Note:-</b><br>5 & 6<br>& 7 - 8<br><b>Note:-</b> | <b>Diagonal Forward Gallops Right and Left with Touches</b><br>Step right forward. Close left to right. Step right forward.<br>Close left to right. Step right forward. Touch left beside right.<br>Counts 1 - 4 are danced towards the right diagonal.<br>Step left forward. Close right to left. Step left forward.<br>Close right to left. Step left forward. Touch right beside left.<br>Counts 5 - 8 are danced towards the left diagonal. | Right Shuffle<br>& Step Touch<br><br>Left Shuffle<br>& Step Touch            | Forward                                        |
| <b>Section 3</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8                                       | <b>Heel Taps, Coaster Step, Heel Taps, Sailor 1/4 Turn Left</b><br>Touch right heel forward. Touch right heel forward.<br>Step right back. Step left beside right. Step right forward.<br>Touch left heel forward. Touch left heel forward.<br>Cross left behind right. Turn 1/4 left stepping right to side. Step left beside right.                                                                                                           | Right Heel<br>Coaster Step<br>Left Heel<br>Sailor Turn                       | On the spot<br>Turning left                    |
| <b>Section 4</b><br>1 & 2<br>& 3 & 4<br>& 5<br>& 6<br>& 7 & 8<br>&                         | <b>Heel Switches, Clap x 2, Heel Switches, Clap x 2</b><br>Touch right heel forward. Step right beside left. Touch left heel forward.<br>Step left beside right. Touch right heel forward. Clap. Clap.<br>Step right beside left. Touch left heel forward.<br>Step left beside right. Touch right heel forward.<br>Step right beside left. Touch left heel forward. Clap. Clap.<br>Step left beside right.                                      | Heel & Heel<br>& Heel Clap Clap<br>& Heel<br>& Heel<br>& Heel Clap Clap<br>& | On the spot                                    |
| <b>Section 5</b><br>1 & 2<br>3 & 4<br>5 & 6<br>7 & 8                                       | <b>1/4 Turn Right Shuffle x 4 (Full Turn)</b><br>Turn 1/4 right and step right forward. Close left to right. Step right forward.<br>Turn 1/4 right and step left forward. Close right to left. Step left forward.<br>Turn 1/4 right and step right forward. Close left to right. Step right forward.<br>Turn 1/4 right and step left forward. Close right to left. Step left forward.                                                           | Shuffle Turn<br>Shuffle Turn<br>Shuffle Turn<br>Shuffle Turn                 | Turning right                                  |
| <b>Section 6</b><br>1 - 2<br>3 - 4<br>5 - 6<br>7 - 8                                       | <b>Full Turn Right, Touch and Clap, Full Turn Left, Touch and Clap</b><br>Turn 1/4 right and step right forward. Turn 1/2 right and step left back.<br>Turn 1/4 right and step right to side. Touch left beside right (and clap).<br>Turn 1/4 left and step left forward. Turn 1/2 left and step right back.<br>Turn 1/4 left and step left to side. Touch right beside left (and clap).                                                        | Turn Turn<br>Turn Touch<br>Turn Turn<br>Turn Touch                           | Turning right<br>Turning left                  |
| <b>Section 7</b><br>1 & 2<br>3 & 4<br>5 - 6<br>7 - 8                                       | <b>Back Shuffle, Coaster Step, Full Turn Left, Step, Touch</b><br>Step right back. Close left to right. Step right back.<br>Step left back. Step right beside left. Step left forward.<br>Turn 1/2 left and step right back. Turn 1/2 left and step left forward.<br>Step right forward. Touch left beside right.                                                                                                                               | Right Shuffle<br>Coaster Step<br>Full Turn<br>Step Touch                     | Back<br>On the spot<br>Turning Left<br>Forward |
| <b>Section 8</b><br>1 - 2<br>3 - 4<br>5 & 6<br>7 & 8                                       | <b>Hips Bumps, Touch, Back Shuffle, Coaster Step</b><br>Step left to side, bumping hips left. Bump hips right.<br>Bumps hips left. Touch right beside left.<br>Step right back. Close left to right. Step right back.<br>Step left back. Step right beside left. Step left forward.                                                                                                                                                             | Together Bump<br>Bump Touch<br>Right Shuffle<br>Coaster Step                 | On the spot<br>Back<br>On the spot             |



Music track available for download from [www.linedancermagazine.com](http://www.linedancermagazine.com) at £1.99.

**Choreographed by:** Bastiaan van Leeuwen (NL) April 2006

**Choreographed to:** 'Turbo Polka' by Atomik Harmonik (137 bpm) (Radio Edit) from Turbo Polka CD (52 count intro - start after heavy beats on word 'you')

**Music Suggestion:** 'Still In Love With You' by Travis Tritt (128 bpm) from Rockin' Side Album (8 count intro - start on vocals)



A video clip of this dance is available to members at [www.linedancermagazine.com](http://www.linedancermagazine.com)