



Approved by:

B.v. Leeuwen

Atomik Polka

4 WALL - 64 COUNTS - INTERMEDIATE

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



Music track available for download from 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