

# Turbo Polka

Count: 0

Wand: 1

Ebene: Advanced polka

Choreograf/in: Marcus Zeckert (DE)

Musik: Turbo Polka - Atomik Harmonik



Sequence: Intro, ABC, BAC, CCC, 4-count hold, C to the end

## INTRO

### SAILOR RIGHT, SAILOR LEFT, SCUFF HOP BACK, FULL TURN BACK

- 1&2 Step right foot behind left foot, step left foot to left side, step right foot in place  
3&4 Step left foot behind right foot, step right foot to left side, step left foot in place  
5&6 Scuff right foot next left foot, hop back on left foot, step right foot back  
7-8 Turn  $\frac{1}{2}$  to left an step left foot forward (back wall), step back on right foot with  $\frac{1}{2}$  turn left (front wall)

### POINTS, STEP, TURN, HOLD, SHUFFLE FORWARD, PIVOT

- 1&2 Point left toe to left side, step left foot next right foot, point right toe to right side  
&3 Step right foot next left foot, turn on ball of right foot  $\frac{1}{4}$  turn to left an lift left foot in front of right leg  
4 Hold  
5&6 Step left foot forward, step right foot next to left foot, step left foot forward  
7-8 Step right foot forward, turn  $\frac{1}{2}$  to left and step on left foot (right side wall)

### SHUFFLE FORWARD TWICE, STEP, TURN, COASTER STEP

- 1&2 Step right foot forward, step left foot next right foot, step right foot forward  
3&4 Step left foot forward, step right foot next left foot, step left foot forward  
5-6 Step right foot forward, turn  $\frac{1}{2}$  to left (weight on right foot)  
7&8 Step left foot back, step right foot next left foot, step left foot forward (left side wall)

### ROCK STEP, COASTER STEP, TURN STEP, CROSS, SIDE, CROSS, SIDE

- 1-2 Step right foot forward, shift weight on left foot back  
3&4 Step right foot back, step left foot next right foot, step right foot forward  
5&6 Step left foot to left side with  $\frac{1}{4}$  turn left, cross right foot behind left foot, step left foot to left side  
7-8 Cross right foot over left foot, step left foot to left side (face front wall)

## PART A

The "movin' part"

### KICK BALL CHANGE, SHUFFLE FORWARD, PIVOT $\frac{1}{2}$ , SHUFFLE TURN

- 1&2 Kick ball change with right foot, weight on left foot on count 2  
3&4 Step right foot forward, step left foot next right foot, step right foot forward  
5-6 Step left foot forward, turn  $\frac{1}{2}$  to right, weight on right foot on count 6  
7&8 Step left foot to left side with  $\frac{1}{4}$  turn right, step right foot next left foot, step left foot back with  $\frac{1}{4}$  turn right (face front wall)

### KICK BALL POINT, STEP, KICK BALL HOOK, STEP, SCUFF, HOP BACK, COASTER STEP

- 1&2 Kick right foot forward, step right foot next left foot, point left foot in front of right foot  
& Step left foot to left side  
3&4 Kick right foot forward, step right foot next left foot, point left foot in front of right foot  
& Hook left foot in front of right leg  
5&6 Step left foot forward, scuff right foot next left foot, hop back on left foot  
7&8 Step right foot back, bring left foot ext right foot, step right foot forward

### **MONTEREY TURN LEFT, HEEL JACKS, WEAVE LEFT, SHUFFLE TURN**

- 1-2 Point left toe to left side, turn  $\frac{1}{2}$  to left and step on left foot next right foot
- &3 Step right foot diagonally back right, touch left heel forward
- &4 Step on left foot, cross right foot in front of left foot
- &5 Step left foot to left side, cross right foot left foot
- &6 Step left foot to left side, cross right foot in front of right foot
- 7&8 Step left foot back with a  $\frac{1}{4}$  turn right, step right foot next left foot, step left foot back face left side wall)

### **ROCK STEP, FULL TURN, SHUFFLE FORWARD, FULL TURN**

- 1-2 Step right foot back, shift weight on left foot
- 3-4 Turn  $\frac{1}{2}$  to left an step back on right foot, turn  $\frac{1}{2}$  to left an step forward on left foot, traveling forward
- 5&6 Step right foot forward, step left foot next to right foot, step right foot forward
- 7&8 Turn  $\frac{1}{2}$  to right and step back on left foot, turn  $\frac{1}{2}$  to right and step forward on right foot, step forward on left foot (face left side wall)

**These next 8 counts are only inserted in the first Part A**

### **ROCK STEP, CLOSE, HOLD AND SNAP FINGERS, HOP BACK, HOLD AND SNAP FINGERS, HOP BACK**

- 1&2 Step left foot forward, shift weight on right foot back, close left foot next right foot
- 3 Hold and snap fingers of right hand in shoulder height
- &4 Hitch right foot and hop back on left foot, step right foot back
- &5 Hitch left foot and hop back on right foot, step left foot back
- 6 Hold and snap fingers of right hand in shoulder height
- &7 Hitch right foot and hop back on left foot, step right foot back
- &8 Hitch left foot and hop back on right foot, step left back (face left side wall)

### **SHUFFLE, DRAG, TOUCH, SHUFFLE, SHUFFLE**

- 1&2 Step right foot back, step left next right foot, step right foot back
- 3-4 Step left foot big step back with  $\frac{1}{4}$  turn right, slide right foot next left foot and touch
- 5&6 Step right foot forward, step left foot next right foot, step right foot forward
- 7&8 Step left foot forward, step right foot next left foot, step left foot forward (face left wide wall)

### **TURN, TOUCH, SHUFFLE, TURN, TOUCH, SHUFFLE**

- 1-2 Step back on right foot with  $\frac{1}{4}$  turn left, touch left toe in front of right foot (back wall)
- 3&4 Step left foot forward, step right foot next left foot, step left foot forward
- 5-6 Step back on right foot with  $\frac{1}{4}$  turn left, touch left toe in front of right foot (left side wall)
- 7&8 Step left foot forward, step right foot next left foot, step left foot forward

### **TURN, TOUCH, SHUFFLE, OUT OUT, HOLD, IN, IN, HOLD**

- 1-2 Step back on right foot with  $\frac{1}{4}$  turn left, touch left toe in front of right foot (front wall)
- 3&4 Step left foot forward, step right foot next left foot, step left foot forward
- &5-6 Step right foot to right side, step left foot to left side, hold
- &7-8 Step right foot together, step left foot together, hold (front wall)

### **ARM MOVEMENT, SIDE MOVE, STOMP JUMP, HOLD, TWICE**

- 1 Bring both arms in shoulder height to right side (left arm in angle, right arm long, hands long and flat) and look to right side
- &2 Step right to right side, close left foot next right foot, look to front during the steps, arms down
- 3 Jump in place, feet apart and land with stomps
- 4 Hold
- 5 Bring both arms in shoulder height to left side (right arm in angle, left arm long, hand s long and flat) and look to left side
- &6 Step left to left side, close right foot next left foot, look to front during these steps, arms down
- 7 Jump in place, feet apart and land with stomps

**STEP, STEP, RUNNING MAN, GRIND RIGHT, COASTER STEP**

- 1-2 Step right foot forward, step left foot forward  
 &3 Slide back on left foot and hitch right foot, step right foot forward  
 &4 Slide back on right foot and hitch left foot, step left foot forward  
 5-6 Step right heel forward toe to left and move toe to right side  
 7&8 Step right foot back, step left foot next right foot, step right foot back

**STOMP FORWARD, STOMP BACK, OUT OUT, IN IN, HOP BACK**

- 1-2 Jump with both feet together forward and land with a stomp, back the same  
 &3 Step right foot to right side, step left foot to left side  
 &4 Step right foot together, step left foot together  
 &5 Hop back on left foot and hitch right foot, step back right foot  
 &6 Hop back on right foot and hitch left foot, step back on left foot  
 &7 Hop back on left foot and hitch right foot, step side right foot with  $\frac{1}{4}$  turn right  
 &8 Hop forward on right foot and hitch left foot, step forward left foot with  $\frac{1}{4}$  turn right (back wall)

**HEEL SWITCHES, PIVOT, HEEL SWITCHES, CLAP**

- 1& Touch right heel forward, close right foot next left foot  
 2& Touch left heel forward, close left foot next right foot  
 3-4 Step right foot forward, turn  $\frac{1}{2}$  to left and step left foot  
 5& Touch right heel forward, close right foot next left foot  
 6& Touch left heel forward, close left foot next right foot  
 7 Touch right heel forward  
 &8 Clap twice

**SHUFFLE SIDE, ROCK STEP, SHUFFLE SIDE, ROCK STEP**

- 1&2 Step right foot to right side, step left foot next right foot, step right foot to right side  
 3-4 Step left foot back, shift weight on right foot  
 5&6 Step left foot to left side, step right foot next left foot, step left foot to left side  
 7-8 Step right foot back, shift weight on left foot

**PART B****The "don't give up" part****TOUCH TURN, KICK BALL CHANGE, TOUCH TURN, KICK BALL CHANGE, SHUFFLE**

- 1 Touch right foot next left foot and turn  $\frac{1}{4}$  to left  
 2&3 Kick right foot forward, touch right foot next left foot, step on left foot  
 4 Touch right foot next left foot and turn  $\frac{1}{4}$  to left  
 5&6 Kick right foot forward, touch right foot next left foot, step on left foot  
 7&8 Turn  $\frac{1}{2}$  to left on left foot and step side to right on right foot, step left foot next right foot, step right foot to right side (face front wall)

**CROSS SHUFFLE, ROCK STEP, HOP TOUCH BACK**

- 1&2 Cross left foot over right foot, step right foot to right side, cross left foot over right foot  
 3-4 Step forward with  $\frac{1}{4}$  turn right on right foot, shift weight on left foot  
 &5 Hop back on left foot and touch right toe behind left foot  
 &6 Hop back on left foot and touch right toe behind left foot  
 &7 Hop back on left foot and touch right toe behind left foot  
 &8 Hop back on left foot and touch right toe behind left foot (face right side wall)

**PADDLE TURN TWICE, TWIST TURN**

- 1-2 Step right foot forward, turn  $\frac{1}{4}$  to left and step on left foot  
 3-4 Step right foot forward, turn  $\frac{1}{4}$  to left and step on left foot

- 5-6 Cross right foot over left foot, twist on both toes  $\frac{1}{2}$  to left  
7-8 Twist  $\frac{1}{4}$  to right on both toes, twist  $\frac{1}{2}$  to left on both toes (face front wall)

## **PART C**

### **The "run to yourself" part**

#### **HEEL JACKS RIGHT, LEFT, SCUFF, HOP BACK, STEP TOUCH, STEP TOUCH**

- &1 Step right foot slightly back right, touch left heel forward  
&2 Step left foot back, cross right foot over left foot  
&3 Step left foot slightly back left, touch right heel forward  
&4 Step right foot back, cross left foot over right foot  
5&6 Scuff right foot next left foot, hop back on left foot, step right foot back  
&7 Step left foot slightly forward left, touch right foot next left foot  
&8 Step right foot slightly forward right, touch left foot next right foot

#### **SIDE STEP, SLAP, SIDE STEP, SLAP, CLAP TIGHTS, STOMP JUMP**

- 1& Step left foot to left side, slap right heel behind left leg with left hand  
2& Step right foot to right side, slap left heel behind right leg with right hand  
3& Step left foot to left side, slap right heel behind left leg with left hand  
4 Step right foot to right side, slap left heel behind right leg with right hand  
&5 Clap right hand on right femoral, clap left hand on left femoral  
&6 Clap hands twice  
&7 Clap right hand on right femoral, clap left hand on left femoral  
&8 Clap both hands on femoral, jump forward as stomp with feet apart

#### **SAILOR RIGHT, SAILOR LEFT, STEP, TURN, SLAP, STEP**

- 1&2 Step right foot behind left foot, step left foot to left side, step right foot in place  
3&4 Step left foot behind right foot, step right foot to right side, step left foot in place  
5-6 Step right foot forward, turn  $\frac{1}{2}$  to left on left foot (weight on right)  
7-8 Slap left foot in front of right leg with right hand, step left foot forward (face back wall)

#### **SAILOR RIGHT, SAILOR LEFT, STEP, TURN, SLAP, STEP**

- 1&2 Step right foot behind left foot, step left foot to left side, step right foot in place  
3&4 Step left foot behind right foot, step right foot to right side, step left foot in place  
5-6 Step right foot forward, turn  $\frac{1}{2}$  to left on left foot (weight on right)  
7-8 Slap left foot in front of right leg with right hand, step left foot forward (face back wall)
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