

# Atomik Polka

COPPERKNOB  
BY STEPHENETS

Count: 64

Wand: 4

Ebene: Intermediate polka

Choreograf/in: Bastiaan van Leeuwen (DE)

Musik: Turbo Polka - Atomik Harmonik



## 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**

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