

Atomic 2000

Compte: 32

Mur: 4

Niveau:

Chorégraphe: Dave Hook (UK) & Corinne Hook

Musique: Atomic - Blondie



Start after the 3 blind mice bit of "Atomic"

FORWARD SHUFFLES, LEFT, RIGHT

- 1&2 Shuffle forward (left-right-left)
- 3&4 Shuffle forward (right-left-right)

TRIPLE ½ TURN RIGHT, RIGHT SAILOR SHUFFLE

- 5&6 ½ turn right triple stepping left, right, left
- 7&8 Step right behind left, step left beside right, step right beside left

LEFT SAILOR SHUFFLE, ROCK STEP

- 9&10 Step left behind right, step right beside left, step left beside right
- 11 Rock back on right
- 12 Replace weight onto left

FORWARD SHUFFLES, RIGHT, LEFT

- 13&14 Shuffle forward (right-left-right)
- 15&16 Shuffle forward (left-right-left)

TRIPLE ½ TURN LEFT, LEFT SAILOR SHUFFLE

- 17&18 ½ turn left triple stepping right, left, right
- 19&20 Step left behind right, step right beside left, step left beside right

RIGHT SAILOR SHUFFLE, ROCK STEP

- 21&22 Step right behind left, step left beside right, step right beside left
- 23 Rock back on left
- 24 Replace weight onto right

TURNING WALK (POINTING OPTIONAL-ARMS BENT AT ELBOW)

- 25 Step forward left (point left hand index finger forward-shooting 1 gun)
- 26 Hold
- 27 Step right into ¼ turn left (point both index fingers forward-shooting 2 guns)
- 28 Hold
- 29 Pivot ½ turn left on ball of right (bend arms up and point both thumbs back towards shoulder)
- 30 Hold
- 31 Pivot ½ turn right on ball of left (point both index fingers forward-shooting 2 guns)
- 32 Hold

REPEAT

If the music is slow or funky then the shuffles become more cha-cha like.
