

# Atomic 2000

拍数: 32      墙数: 4      级数:  
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音乐: 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.