

Atomik Polka

拍数: 64 墙数: 4 级数: Intermediate polka
编舞者: Bastiaan van Leeuwen (DE)
音乐: 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
