

# Helluva Polka

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 4      級數: Low Intermediate - Polka  
編舞者: Kathy Hunyadi (USA)  
音樂: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



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## RIGHT SHUFFLE, LEFT SHUFFLE, TURN ½ LEFT, RIGHT SHUFFLE BACK, LEFT SAILOR TURNING ¼ LEFT

1&2      Shuffle forward right, left, right  
3&4      Shuffle forward left, right, left  
5&6      Turn ½ left and shuffle back right, left, right  
7&8      Cross left behind right, turn ¼ left and step right to side, step left to side

## WALK, WALK, STEP, HEEL SWIVELS, WALK, WALK, ROCK & TURN ¼ LEFT

1-2      Step right forward, step left forward  
3&4      Step right forward, swivel heels to right, center (weight to right)  
5-6      Step left forward, step right forward  
7&8      Rock left forward, recover to right, turn ¼ left and step left to side

## CROSSING SHUFFLE, TURN ¼ SHUFFLE, TURN ¼ SHUFFLE, CROSS ROCK, ¼ LEFT TURN

1&2      Cross right over left, step left to side, cross right over left  
3&4      Turn ¼ right and step left back, step right together, step left slightly back  
5&6      Turn ¼ right and step right to side, step left together, step right slightly to side  
7&8      Rock left forward and across, recover to right, turn ¼ left and step left forward

## HEEL SWITCHES, HOLD, CLAP TWICE, HEEL SWITCHES, HOLD, CLAP TWICE, QUICK STEP BACK

1&2&      Touch right heel forward, step right together, touch left heel forward, step left together  
3&4      Touch right heel forward, clap, clap  
&5&6&      Step right together, touch left heel forward, step left together, touch right heel forward, step right together  
7&8&      Touch left heel forward, clap, clap, step left back

## REPEAT

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