

# Atomik Polka

COPPERKNOB  
BY STEPHENETS

拍數: 64      牆數: 4      級數: Intermediate polka  
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音樂: 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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