

HELLUVA POLKA

Choreographed by Kathy Hunyadi, 3/11/06, danceordie@cox.net
32 Count, 4 Wall Line Dance, High Beginner Polka Rhythm
Music: "If You're Going Through Hell" by Rodney Atkins (www.walmart.com)

Dance starts on vocals.

1-8 RIGHT SHUFFLE, LEFT SHUFFLE, 1/2 TURN LEFT, RIGHT SHUFFLE BACK, LEFT SAILOR TURNING 1/4 LEFT

1&2 Shuffle forward R, L, R
3&4 Shuffle forward L, R, L
5&6 Turn 1/2 left and shuffle back R, L, R
7&8 Step L behind R and at same time turn 1/4 left, Step R to side, Step L in place

9-16 WALK, WALK, STEP, HEEL SWIVELS, WALK, WALK, ROCK & 1/4 TURN LEFT

1,2 Step forward R, Step forward L
3&4 Step R forward, Swivel both heels to right & back to center (weight ends on R)
5,6 Step forward L, Step forward R
7&8 Rock forward on L, Recover weight to R, Turn 1/4 left stepping L to side

17-24 CROSSING SHUFFLE, 1/4 TURN SHUFFLE, 1/4 TURN SHUFFLE, CROSS ROCK, 1/4 LEFT TURN

1&2 Cross R foot over L, Step slightly left on L, Cross R foot over L
3&4 Turn 1/4 right while stepping back on L, Step R beside L, Step L slightly back
5&6 Turn 1/4 right while stepping R to side, Step L beside R, Step R slightly to side
7&8 Rock L forward and across R, Recover weight to R, Turn 1/4 L stepping forward on L

25-32 HEEL SWITCHES, HOLD, CLAP TWICE, HEEL SWITCHES, HOLD, CLAP TWICE, QUICK STEP BACK

1&2& Touch R heel forward, Step R home, Touch L heel forward, Step L home
3&4 Touch R heel forward, Hold, Clap hands twice
&5&6& Step R home, Touch L heel forward, Step L home, Touch R heel forward, Step R home
7&8& Touch L heel forward, Hold, Clap hands twice, Quickly step L back

BEGIN AGAIN

Polka is a very lively, upbeat dance. Be sure your weight is on the balls of the feet on the shuffles & swivels!