

Helluva Polka

32 count, 4 wall, Beginner level

Choreographer: Kathy Hunyadi (USA) Mar 06

Choreographed to: If You're Going Through Hell by
Rodney Atkins

Dance starts on vocals.

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

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

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

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!