

# Helluva Polka

Choreographed by Kathy Hunyadi

**Description:** 32 count, 4 wall, beginner polka line dance

**Musique:** **If You're Going Through Hell** by Rodney Atkins [116 bpm / CD: If You're Going Through Hell / Available on iTunes]

## **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**

---

**Kathy Hunyadi** | Courriel: [danceordie@cox.net](mailto:danceordie@cox.net) | Website: <http://www.maxperry.net>  
Adresse: 2843 SW 20th ST #8, Ocala, FL 34474-2991 | Téléphone: 609-313-3825