

# Helluva Polka

Choreographed by: Kathy Hunyadi

Description: 32 Count, 4 Wall, Beginner/Intermediate Polka Line Dance

Music: If You're Going Through Hell by Rodney Atkins

[116 BPM 2-Step/WCS/Cha/Quickstep]

**RIGHT FORWARD SHUFFLE, LEFT FORWARD SHUFFLE,  
RIGHT BACK SHUFFLE (½ TURN LEFT), 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 Step L behind R and at same time turn ¼ L, step R to side, step L in place

**WALK, WALK, STEP, HEEL SWIVELS, WALK, WALK, ROCK-STEP ¼ TURN LEFT**

1-2 Step forward right, step forward left

3&4 Step forward right, swivel both heels to R & back (weight on right)

5-6 Step forward left, step forward right

7&8 Rock forward on L, recover weight to R, turn ¼ L stepping L to side

**RIGHT CROSSING SHUFFLE, LEFT ¼ TURN BACK SHUFFLE,  
RIGHT ¼ TURN SIDE SHUFFLE, CROSS ROCK-STEP ¼ TURN LEFT**

1&2 Cross R foot over L, step slightly L on L foot, cross R foot over L

3&4 Turn ¼ R while stepping back left-right-left

5&6 Turn ¼ R while stepping to right side right-left-right

7&8 Rock L across R, recover weight to R, turn ¼ L stepping forward on L

**HEEL SWITCHES AND HOLD WITH CLAPS (X 2), QUICK STEP BACK**

1&2 Touch R heel forward, step R home, touch L heel forward,

&3&4 Step L home, touch R heel forward, hold (clap hands twice)

&5&6 Step R home, touch L heel forward, step L home, touch R heel forward,

&7&8 Step R home, touch L heel forward, hold (clap hands twice)

& Quick step left back

**REPEAT**