

K Is for Kicks (Chair Dance)

Count: 32

Wand: 4

Ebene: Seated

Choreograf/in: Helen Parkyn (UK) - January 2024

Musik: Feel It Still - Portugal. The Man



Intro: 32 count

HAND PUSHES FORWARD - RIGHT LEADING

- 1 – 4 push right hand forward (palm forward) at shoulder height, bring back, push left hand forward, bring back
- 5 – 8 push right hand forward, bring back, push right hand forward, bring back

HAND PUSHES FORWARD - LEFT LEADING

- 1 – 4 push left hand forward (palm forward) at shoulder height, bring back, push right hand forward, bring back
- 5 – 6 push left hand forward, bring back, push left hand forward, bring back

HAND RAISES UP AND DOWN AT DIAGONALS

- 1 – 4 reach right hand up to right diagonal, bring back, reach left hand up to left diagonal, bring back
- 5 – 6 reach right hand down right diagonal, bring back, reach left hand down left diagonal, bring back

FIST ROLLS AND CLAPS

- 1 – 4 fist roll to right for 3 counts and clap on 4
- 5 – 8 fist roll to left for 3 counts and clap on 4

End of dance, and start again.
