K Is for Kicks (Chair Dance)

级数: Seated

编舞者: Helen Parkyn (UK) - January 2024

音乐: Feel It Still - Portugal. The Man

Intro: 32 count

拍数: 32

HAND PUSHES FORWARD - RIGHT LEADING

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

FIST ROLLS AND CLAPS

- 1 4fist 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.





墙数:4