

K Is for Kicks (Chair Dance)

Count: 32

Wall: 4

Level: Seated

Choreographer: Helen Parkyn (UK) - January 2024

Music: 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.
