

# K Is for Kicks (Chair Dance)

**COPPERKNOB**  
BY SHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Seated

**Chorégraphe:** Helen Parkyn (UK) - January 2024

**Musique:** 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.**

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