

# K Is for Kicks (Chair Dance)

**COPPER KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Seated  
编舞者: Helen Parkyn (UK) - January 2024  
音乐: 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.**

---