



K Is For Kicks

32 Count 1 Wall Absolute Beginner Level Dance.
Choreographed by: Helen Parkyn (UK) Jan 2024
Choreographed to: Feel It Still by Portugal. The Man
Intro: 32 Counts. Start at approx 12 secs.

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SEC 1 HAND PUSHES FORWARD

- 1-2 Push right hand forward (palm forward) at shoulder height, bring back
- 3-4 Push left hand forward, bring back
- 5-6 Push right hand forward, bring back
- 7-8 Push right hand forward, bring back

SEC 2 HAND PUSHES FORWARD

- 1-2 Push left hand forward (palm forward) at shoulder height, bring back
- 3-4 Push right hand forward, bring back
- 5-6 Push left hand forward, bring back
- 7-8 Push left hand forward, bring back

SEC 3 HAND RAISES UP AND DOWN AT DIAGONALS

- 1-2 Reach right hand up to right diagonal, bring back
- 3-4 Reach left hand up to left diagonal, bring back
- 5-6 Reach right hand down right diagonal, bring back
- 7-8 Reach left hand down left diagonal, bring back

SEC 4 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

