

**JULY 2025 | CHAIR FITNESS | FOXTROT**  
**AIN'T THAT A KICK IN THE HEAD | DEAN MARTIN**

**2X8 INTRO**

**8X8 1) COMBO: SLIDE FWD ± CHASSE BACK**

**8X8 2) COMBO: SLIDE TO SIDE ± CHASSE TO SIDE ± SWAY**

**8X8 1) REPEAT**

**8X8 2) REPEAT**

**5X8 1) REPEAT**