

JULY 2025 | 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