

# Kung Fu Fighting Dance Steps

**Step 1:** Arms crossed head down, bring head up when song starts.

**Step 2:** Step back with left foot, clench fists and arms at sides.

**Step 3:** Bring arms to chest make an X, pulse for two counts, punch with left hand then right hand and hold for four counts.

**Step 4:** Opposite hands and feet kicks for eight counts, focus counts on feet.

**Step 5:** Right palm out, right foot forward, then backward with left arm out (4 slow counts)

**Step 6:** Right arm up and move slowly down to the side over four counts. Right arm punch down left right left then head bob.

**Step 7:** Karate chop right hand left side then left hand right side (four chops over eight beats). Two times through.

**Step 8:** Two left punches, two right punches, back and forth, eight punches eight beats.

**Step 9:** Fists down at sides, two head bobs over four beats, right punch left punch (four punches four beats).

**Repeat**

**Arm waves over eight counts:** 1. Arms shoot to sides. 2. Left leg back and cross arms. 3. Legs and arms shoot out. 4. Arms go straight to sides.

**Repeat:** Step 3 Step 4 Step 5 Step 6

**Karate Pose!!**

