

Kickin' It Up a Notch – Region 7 Regional Chorus Visual

Intro – On your own

Listen if you're in the mood to take a chance

Find yourself a partner now it's time to dance

Right up with palm up on “find” – follow with left hand on “part” – then leave hands up to boogie on “time to dance”

But it's only fair to warn you in advance

All hands down on “but its only fair to warn you”

We're kickin' it up a notch.

Right shoulder on “kick”, “up” “notch” and the second beat of “notch”

Swing to the temp, rock to the beat

Step/Sway to the Right on “swing” Left on “tempo” – R-“Rock” L-“beat”

Fascinating rhythm makes you move your feet

Continue rock step “fac” – “rhy” – “move” – “feet”

Now we're syncopatin' turning on the heat

All stop on “now” – fan your right hand to your face on “on” and “heat”

And kickin' it up a notch

Flip right hand around, palm out, fan it out and down on “kickin'”

Life is short don't sit around

All Right shoulder forward on “life” – emphasize with head on “sit”

Gotta get out on the floor

Lean back – left hand up by face, right hand down at hip level – jazz hand shake on “got” – then bring hands back down on “get”

Jump right in inhale the sound

Clap – “right” “in-h” “the”

You can dance all night and still want more

Swayin to the music now you can't resist

Step/Sway to the Right on “sway” Left on “music” – R-“Can't” L-“sist”

Gotta come and join the party I insist

Swing right hand out and around as if to be “inviting” the audience on “I”

There'll be no regrettin what you might have missed

Hands down on “there'll”

Now you're kicking it up a notch

Right shoulder on “kick”, “up” “notch” and the second beat of “notch”

Life is short don't sit around gotta get out on the floor (harmony parts on even beats)

All do your own boogie since rhythms are different

Jump right in inhale the sound you can dance all night then dance some more

Clap – “right” “in-h” “the” (harmony parts should still be able to feel these beats)

Swayin' to the music now you can't resist

Step/Sway to the Right on “sway” Left on “music” – R-“Can't” L-“sist”

Gotta come and join the party I insist

Swing right hand out and around as if to be “inviting” the audience – on “I insist”

They'll be no regretting what you might have missed

Hands down on “there'll”

Now your kickin it up a – Kickin it up a notch

Push both hands up during slow “kickin it up a” – swing right snap “it”, left snap “a” – push both hands up, palm out on “notch”