

# Ketchup

Count: 86

Wand: 1

Ebene: Improver line/contra dance

Choreograf/in: Marie Freeman (AUS) & Sandra Wild

Musik: Aserejé (The Ketchup Song) - Las Ketchup



Similarity to "I Walk The Line" by Ree Patterson is high.

## SIDE ROCK, CROSS, HOLD

- 1-4 Rock right to right side, rock left to left side, cross right over left, hold
- 5-8 Rock left to left side, rock right to right side, cross left over right, hold
- 9-16 Repeat first 8 steps

## CHARLESTON FORWARD, BACK, BACK, FORWARD

- 1-2 Sweep right toe in an arc to touch forward, hold
- 3-4 Sweep right toe in an arc stepping back on right, hold
- 5-6 Sweep left toe in an arc to touch back, hold
- 7-8 Sweep left toe in an arc stepping forward on left, hold
- 9-16 Repeat Charleston steps

## STEP, LOCK, STEP, HOLD, STEP, LOCK, STEP, HOLD

- 1-4 Step forward on right, lock left behind right, step forward on right, hold
- 5-8 Step forward on left, lock right behind left, step forward on left, hold
- 1-4 Rock forward on right and rock back on left, step back right & hold

## STEP BACK, LOCK, STEP BACK, HOLD, STEP BACK, LOCK, STEP BACK, HOLD

- 1-4 Step back on left, lock right in front of left, step back on left, hold
- 5-8 Step back on right, lock left in front of right, step back on right, hold

## COASTER STEP, HOLD

- 1-4 Left coaster step: step back on right, step right beside right, step forward on left

## PADDLE

- 1-4 Four ¼ paddles to the left starting at front wall all the way round to the front

## TOE, HOLD, HEEL HOLD

- 1-4 Touch right toe in next to left, hold, touch right heel out, hold

## DWIGHT SWIVELS RIGHT

- 1& Touch right toe next to left as you swivel left heel to right, touch right heel out as you swivel left toes to right
- 2& Touch right toe next to left as you swivel left heel to right, touch right heel out as you swivel left toes to right

## SIDE ROCK, CROSS, HOLD, SIDE, ROCK, CROSS, HOLD

- 1-4 Rock right to right side, rock left to left side, cross right over left, hold
- 5-8 Rock left to left side, rock right to right side, step left next to right & hold

## CHORUS

- 1& Cross right hand over left twice
- 2& Cross left hand over right twice
- 3& Cross right hand over left twice (body movements while doing this)
- 4& Cross left hand over right twice

- 5& Cross right hand over left twice
- 6& Cross left hand over right twice
- 7& Raise right thumb over right shoulder, hitchhike twice
- 8& Raise left thumb over left shoulder, hitchhike twice

### **RAISE BOTH ARMS, HOLD HEAD AND WIGGLE KNEES**

- 9&10& Raise both arms from waist height to head height waving hands
- 11&12& Place back of right hand on forehead and palm of left on back of head while moving both knees in & out 4 times

**Repeat this 3 times at the end of the 3rd time**

**Right toe strut to right side then left toe strut to left side or on the spot**

### **REPEAT**

#### **TAG 1**

##### **PADDLE**

- 1-4 Four ¼ paddles anti to the right starting at front wall all the way round to the front

### **TOE STRUTS IN V SHAPE**

- 1-4 Right toe strut dropping your heel down in a 45 deg
- Left toe strut dropping heel down in a 45 degrees
- 1-4 Right toe strut dropping heel bringing back in front
- Left toe strut dropping heel bringing back to front
- 1-8 Full Monterey around to the front wall

**Repeat dance in full**

**Repeat full chorus**

#### **TAG 2**

##### **PADDLE**

- 1-4 Four ¼ paddles to the left starting at front wall all the way round to the front

**Restart dance from start**

**Dance up to leg locks back & left coaster step back then straight into chorus**

**Then finish the dance of with the chorus movements for about 8 times end of dance**

---