

# The Ketchup Dance

Count: 80

Wand: 2

Ebene: Improver

Choreograf/in: Andrew Palmer (UK) & Simon Cox (UK)

Musik: Aserejé (The Ketchup Song) - Las Ketchup



Start after 32 counts - on vocals

## MAMBO SIDE RIGHT, MAMBO BACK LEFT, MAMBO FORWARD RIGHT, MAMBO SIDE LEFT

- 1-4 Rock right side right, recover weight to left, step right in place beside left, hold
- 5-8 Rock left back, recover weight to right, step left in place beside right, hold
- 9-12 Rock right forward, recover weight to left, step right in place beside left, hold
- 13-16 Rock left side left, recover weight to right, step left in place beside right, hold

## SIDE RIGHT, LEFT IN PLACE, STEP RIGHT FORWARD, SIDE LEFT, RIGHT IN PLACE, STEP LEFT FORWARD, MAMBO FORWARD RIGHT, LEFT LOCK BACK

- 17-20 Step right side right, step left in place beside right, step right forward, hold
- 21-24 Step left side left, step right in place beside left, step left forward, hold
- 25-28 Rock right forward, recover weight to left, step right in place beside left, hold
- 29-32 Step left back, lock right across left, step left back, hold

## MAMBO BACK RIGHT, CROSS-STEP-CROSS, SIDE ROCK & CROSS, STEP BACK ¼ RIGHT, SIDE ¼ RIGHT, STEP LEFT FORWARD

- 33-36 Rock right back, recover weight to left, step right in place beside left, hold
- 37 Step left forward (turning body and left foot to face 1/8 turn left - facing 11:00 with left foot across right)
- 38 Step right forward (body and both feet now facing 1/8 turn left) (counts 37-39 travel towards 12:00)
- 39-40 Step left forward and across right (body and both feet still facing 1/8 turn left), hold
- 41-44 Rock right side right turning 1/8 left (9:00), recover weight to left, step right across left (still facing 9:00), hold
- 45-48 Step left back with ¼ right (12:00), step right side right with ¼ right (3:00), step left forward, hold

## FORWARD RIGHT, TOUCH LEFT, BACK LEFT, TOUCH RIGHT, BACK RIGHT, TOUCH LEFT, FORWARD LEFT, TOUCH RIGHT, MAMBO SIDE RIGHT THEN LEFT

- 49-52 Step right diagonally forward, touch left to right in-step, step left diagonally back, touch right to left in-step
- 53-56 Step right diagonally back, touch left to right in-step, step left diagonally forward, touch right to left in-step
- 57-60 Rock right side right, recover weight to left, step right in place beside left, hold
- 61-64 Rock left side left, recover weight to right, step left in place beside right, hold

## MAMBO SIDE RIGHT WITH ¼ RIGHT, MAMBO SIDE LEFT, HAND JIVE MOVEMENTS WITH KNEE BOUNCES

- 65-68 Rock right side right, recover weight to left, pivot ¼ right on left stepping right in place (6:00), hold
- 69-72 Rock left side left, recover weight to right, step left towards right (weight on both shoulder width apart), hold
- 73 Slide hands fingers stretched right over left stopping when right wrist on top of left wrist
- & Slide hands apart
- 74& Repeat counts 73&
- 75 Slide hands fingers stretched left over right stopping when left wrist on top of right wrist
- & Slide hands apart

76& Repeat counts 75&  
77 Pretend to hitch-a-lift with right thumb moving over right shoulder  
& Bring right arm down, thumb pointing to ceiling  
78& Repeat 77&  
79 Pretend to hitch-a-lift with left thumb moving over left shoulder  
& Bring left arm down, thumb pointing to ceiling  
80& Repeat 79&  
**During counts 73-80 bounce knees (in time with the music)**

**REPEAT**

---