

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
