# Wiggle De Beat



Compte: 0 Mur: 4 Niveau: Intermediate/Advanced

Chorégraphe: Kate Sala (UK)

Musique: Aserejé (The Ketchup Song) - Las Ketchup



Sequence: A, A, A (1-16), B, C, B, Tag, C, A, A (1-8), B, C, B, C, B, C, B, C A always faces front wall. B always faces front and back. C always faces side walls

#### PART A

## LEFT MAMBO FORWARD, RIGHT MAMBO BACK

1-4 Rock forward on left, rock back on right, small step back on left, hold

5-6 Rock back on right, rock forward on left

7-8 Small step forward on right, (when followed by B, touch right next to left,) hold

## CROSS, BACK, BACK, CROSS, LEFT SIDE MAMBO

1-3 Cross step left over right, step right back to right diagonal, step left back to left diagonal

4-6 Cross step right over left, rock left to left side, rock onto right in place

7-8 Touch left next to right, (when followed by part b, step left next to right), hold

## STOMP, MAMBO FULL TURN LEFT, HOLD

1-2 Stomp left over right, step ball of right in place

3-4 Turn left stepping on left, step ball of right behind left
 5-6 Turn left stepping on left, step ball of right behind left
 7-8 Turn left stepping left in place facing front wall, hold

The above section completes 1 full turn left

#### STOMP, MAMBO FULL TURN RIGHT, HOLD

1-8 Repeat the above 8 counts on the opposite foot turning right

#### PART B

## KICK, CROSS, BACK STEP WITH KICK & KICK, CROSS, BACK STEP WITH KICK

1-2 Kick right forward, cross step right over left

3-4 Step back on left and at the same time kick right forward, step right in place

5-6 Kick left forward, cross step left over right

7-8 Step back on right and at the same time kick left forward, step left in place

## SIDE KICK, STEP, CROSS BEHIND, ANKLE ROCK, SIDE TOGETHER, HOLD

1-2 Kick right to right side, step right to right side

3 Cross step left behind right at the same time rock onto the out side of the right foot

4-5 Rock onto the out side of the left foot, rock onto the out side of the right foot

6-8 Small step right to right side, step left next to right, hold

## SIDE STEP OUT, HOLD, SIDE STEP OUT, HOLD, TURN ¾ LEFT WITH 2 PADDLE TURNS

1-4 Step right out to right side, hold, step left out to left side, hold

5-8 Step forward on right, paddle left, step forward on right, paddle left, completing ¾ turn left

Use your hips for styling

#### **TAG**

1-4 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left

## **PART C**

WALK, HOLD, WALK, HOLD, FORWARD LOCK STEP, HOLD

RIGHT MAMBO CROSS ROCKS TWICE, HOLD

1-4 Rock left over right, recover onto right, rock left to left side, recover onto right
5-8 Rock left over right, recover onto right, rock left to left side, hold

SAILOR ½ TURN, ¾ TURN

1-2 Cross step right behind left starting to turn right, complete ½ turn right stepping left in place
3-4 Step forward on right, hold
5-6 Turn ½ right stepping back on left, turn ¼ right stepping right to right side,

Step left next to right, hold (when followed by a, touch left next to right)

Step forward on right, lock step left behind right, step forward on right, hold

Step forward on right, hold, step forward on left, hold

1-4

5-8

7-8