

Ketchup

拍数: 86 墙数: 1 级数: Improver line/contra dance
编舞者: Marie Freeman (AUS) & Sandra Wild
音乐: 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
