

# Ketch-Up

Count: 0

Wand: 0

Ebene:

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Musik: Aserejé (The Ketchup Song) - Las Ketchup



Sequence: AA, BBB, C, AA, BBB, D, EE, B to end

## PART A

### EXTENDED WEAVE, ROCK, STEP

- 1-2 Step right to right, cross left behind right
- 3-4 Step right to right, cross left over right
- 5-6 Step right to right, rock back on left
- 7-8 Rock onto right, step left to left

### STEP-TURN-STEP-HOLD TWICE

- 1-2 Step forward on right, pivot ½ turn left
- 3-4 Step forward on right, hold
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Step forward on left, hold

### STEP-TOUCH TWICE, STEP-TURN-TOUCH, HOLD

- 1-2 Step forward on right, touch left to right
- 3-4 Step back on left, touch right to left
- 5-6 Step forward on right, pivot ½ turn left
- 7-8 Touch right to left, hold

### RHUMBA BOX WITH HOLDS

- 1-2 Step right to right, close left to right
- 3-4 Step right forward, hold
- 5-6 Step left to left, close right to left
- 7-8 Step left back, hold

### SIDE-CLOSE-¼-HOLD, STEP-TURN-STEP-HOLD

- 1-2 Step right to right, close left to right
- 3-4 Step right ¼ turn right, hold
- 5-6 Step left forward, pivot ½ turn right
- 7-8 Step left forward, hold

## PART B

### TOE-HEEL STRUTS OUT AND IN

- 1-2 Strut right to right side(toe-heel)
- 3-4 Strut left to left side(toe-heel)
- 5-6 Strut right to center(toe-heel)
- 7-8 Strut left to center(toe-heel)

### HIP BUMPS

- 1-2 Step right slightly forward bumping hips forward twice
- 3-8 Bump hips back twice, & forward-back-forward-back

### STEP-LOCK-STEP-HOLD, STEP-TURN-STEP-HOLD

- 1-2 Step forward on right, lock left behind right
- 3-4 Step forward on right, hold

- 5-6 Step forward on left, pivot ½ turn right  
7-8 Step forward on left, hold

## **PART C**

### **RIGHT WEAWE, ROCK-CROSS, HOLD**

- 1-2 Step right to right, cross left behind right  
3-4 Step right to right, cross left over right  
5-6 Rock right to right, recover onto left  
7-8 Cross right over left, hold

### **LEFT WEAWE, ROCK-CROSS, HOLD**

- 1-8 Repeat previous 8 counts leading to the left

### **STEP-CLOSE-¼ TURN-HOLD, STEP-TURN-TURN-TOUCH**

- 1-2 Step right to right, close left to right  
3-4 Step right ¼ turn right, hold  
5-6 Step forward on left, pivot ½ turn right  
7-8 Pivot ¼ right stepping left to left, touch right to left

### **STEP TOUCH TWICE**

- 1-2 Step right to right, touch left to right  
3-4 Step left to left, touch right to left

## **PART D**

### **RIGHT & LEFT TOE STRUTS**

- 1-2 Touch right toe forward, drop right heel.  
3-4 Touch left toe forward, drop left heel

## **PART E**

### **TOUCH-HOLD TWICE, VINE RIGHT-TOUCH**

- 1-2 Touch right to right, hold  
3-4 Touch right over left, hold  
5-6 Step right to right, cross left behind right  
7-8 Step right to right, touch left to right

### **TOUCH-HOLD TWICE, VINE LEFT-TOUCH**

- 1-8 Repeat previous 8 counts leading to left

### **STEP-TURN-STEP-HOLD TWICE**

- 1-2 Step forward on right, pivot ½ turn left  
3-4 Step forward on right, hold  
5-6 Step forward on left, pivot ½ turn right  
7-8 Step forward on left, hold

### **STEP-TOUCH X 4**

- 1-2 Step diagonally forward on right, touch left to right  
3-4 Step diagonally forward on left, touch left to right  
5-6 Step diagonally back on right, touch left to right  
7-8 Step diagonally back on left, touch right to left
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