

Ketch-Up

Count: 0

Wand: 0

Ebene:

Choreograf/in: Derrick John Paul (UK) & Terry Ann Cavanagh (UK)

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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