

# 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**

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