

# Let's Ketchup

拍数: 0      墙数: 0      级数:  
编舞者: Dicey  
音乐: Aserejé (The Ketchup Song) - Las Ketchup



Sequence: ABBB, 4 beat hold, TAG, ABBB, 4 beat hold, A (steps 1-64 only), BBBB

## PART A

### RIGHT LOCK STEP, LEFT LOCK STEP, ¼ TURNING RIGHT JAZZ BOX, ¼ TURNING RIGHT, LEFT BACK MAMBO

- 1-4            Step right forward, close left to right with weight, step right forward, hold  
5-8            Step left forward, close right to left with weight, step left forward, hold  
9-12          Cross right over left, step back on left making ¼ turn right, step right to right side, hold  
13-16        Back rock on left recover weight onto right making ¼ turn right, step left to left side, hold  
You should now be in the opposite line, in your partner's position

### RIGHT LOCK STEP, LEFT LOCK STEP, ¼ TURNING RIGHT JAZZ BOX, ¼ TURNING RIGHT, LEFT BACK MAMBO

- 17-32        Repeat steps 1-16  
You should now be back in your original starting position

### SIDE CLOSE, SIDE TOUCH WITH CLICKS, SIDE CLOSE SIDE TOUCH WITH CLICKS, MONTEREY TURNS (TWICE)

- 33-36        Step right to right side, close left to right with weight, step right to right side, touch left next to right, hold & click  
37-40        Step left to left side, close right to left with weight, step left to left side, touch right next to left hold and click  
41-44        Touch right toe to right side pivot ½ turn right, touch left toe to left side replace next to right with weight  
45-48        Touch right toe to right side pivot ½ turn right, touch left toe to left side replace next to right with weight

### HIP BUMPS (TWICE), RIGHT MAMBO FORWARD, LEFT MAMBO BACK

- 49-52        Step right forward, bumping hips right, left, right & hold  
53-56        Step left forward, bumping hips left, right, left & hold  
57-60        Rock forward on right, bring weight back onto left, step right next to left, hold  
61-64        Rock back on left, bring weight back onto right, step left next to right, hold

### STEP TURN STEP WITH HOLD (TWICE), SIDE MAMBO (TWICE)

- 65-68        Step right forward, pivot ½ turn left, step right forward & hold  
69-72        Step left forward, pivot ½ turn right, step left forward & hold  
73-76        Rock right to right side, recover weight onto left, replace right next to left with weight, hold  
77-80        Rock left to left side, recover weight onto right, replace left next to right with weight, hold

## PART B

### HAND JIVE MOVEMENTS

- 1&2&        Cross right hand over left hand, pull hands apart, cross right hand over left hand, pull hands apart  
3&4&        Cross left hand over right hand, pull hands apart, cross left hand over right hand, pull hands apart  
5&6&        Cross right hand over left hand, pull hands apart, cross right hand over left hand, pull hands apart

- 7&8& Cross left hand over right hand, pull hands apart, cross left hand over right hand, pull hands apart
- 9&10& Cross right hand over left hand, pull hands apart, cross right hand over left hand, pull hands apart
- 11&12& Cross left hand over right hand, pull hands apart, cross left hand over right hand, pull hands apart

#### **THUMB HITCHES, HAND SHAKES, KNEE KNOCKS**

- 13& Pretend to hitch a lift with right thumb over right shoulder, bring right arm down thumb pointing to ceiling
- 14& Repeat 13&
- 15& Pretend to hitch a lift with left thumb over left shoulder, bring left arm down thumb pointing to ceiling
- 16& Repeat 15&
- 17-20 Shake hands from shoulders to ceiling (as if shaking water off hands)
- 21-24 Knock knees together four times, while placing right hand on forehead, palm out & left hand on back of head

#### **4 BEAT HOLD**

Please note there is a 4 count break, just stand still, holding arms in above position on head

#### **TAG**

##### **RIGHT KICK BALL STEPS (TWICE), ¼ TURN LEFT STEP PIVOTS (TWICE)**

- 1-4 Kick right forward, step on right, step left long stride forward with weight, hold
- 5-8 Repeat 1-4
- 9-12 Step right forward, pivot ¼ left, step right forward, pivot ¼ left
- 13-24 Repeat steps 1-12
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