

Tomato Saucy

拍数: 0 墙数: 4 级数: Improver
编舞者: Nosmo King (UK)
音乐: Aserejé (The Ketchup Song) - Las Ketchup



Sequence: AAB, AAB, BB, AA

PART A

MAMBO FORWARD, SIDE SHUFFLE, BACK SIDE

1&2 Step forward on right, step left in place, step back on right
3&4 Step left to left side, step right to left, step left to left side
5-6 Rock right behind left, recover onto left
7-8 Step right to right side, step left behind right

¼ TURN SHUFFLE FORWARD ROCK ¾ TURN SHUFFLE SIDE BACK

1&2 Step on right making ¼ turn right, step left in place, step on right
3-4 Rock forward on left, recover on right
5&6 Make ¾ turn to left on left, right, left
7-8 Step right to right side, step back on left

CROSS SHUFFLE, ROCK AND CROSS, STEP BACK, ¼ TURN

1&2 Cross right over left, step left to left side, cross right over left
3&4 Step left to left side, step back on right, cross left over right
5-6 Step right to right side, step back on left
7-8 Step back on right with ¼ turn left, step back on left

HIP BUMPS FORWARD SHUFFLE ½ TURN STEP

1&2 Bump hips left, right, left, (stick bum out)
3-4 Step forward on right, step left beside right
5&6 Shuffle forward on right, left, right
7-8 Step forward on left making ½ turn right, step forward on right

HIP BUMPS FORWARD SHUFFLE ½ TURN TOUCH

1&2 Bump hips left, right, left, (stick bum out)
3-4 Step forward on right, step left beside right
5&6 Shuffle forward right, left, right
7-8 Step forward on left making ½ turn right, touch right beside left

PART B

ROCK & CROSS TWICE, STEP ½ TURN, MAMBO FORWARD, MAMBO BACK

1&2 Step right to right side, step left in place, cross right over left
3&4 Step left to left side, step right in place, cross left over right
5-6 Step forward on right making ½ turn left, step left in place
7&8 Step forward on right, step left in place, step back on right
9&10 Step back on left, step right in place, step forward on left