

# Ketchup And Go

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: Roberta Burke (AUS)  
音樂: Aserejé (The Ketchup Song) - Las Ketchup



- &1      Small jump step right to right, touch left together  
&2      Small jump step left to left, touch right together  
3&4      Step right to right, step left together, step right back  
&5      Small jump step left to left, touch right together  
&6      Small jump step right to right, touch left together  
7&8      Step left to left, step right together, step left forward
- 1&2&      Step right to right, step left together, step right to right, hitch left knee across right  
3&4&      Step left to left, step right together, step left to left, hitch right knee across left  
5&      Step right forward, turn ¼ turn left taking weight onto left (right hand on right hip)  
6&      Step right forward, turn ¼ turn left taking weight onto left (right hand on right hip)  
7&8&      Step right toes forward, drop right heel, step left back, rock forward onto right
- 1&2&      Step left forward, rock back onto right, step left back, rock forward onto right  
3&4&      Step left forward, rock back onto right, step left back, rock forward onto right  
5&      Step left forward, turn ¼ turn Right taking weight onto right (left hand on left hip)  
6&      Step left forward, turn ¼ turn Right taking weight onto right (left hand on left hip)  
7&8&      Step left toes forward, drop left heel, step right back, rock forward onto left
- 1&2&      Push hips right( slightly back), hold, push hips left, hold  
3&4&      Push hips right, left, right, left  
5&6&      Cross right over left, step left back, turn ¼ turn right step left together  
7&8&      Cross right over left, step left back, turn ¼ turn right step left together
- 1&2&      Step right forward, rock back on left, step right to right side, rock back on left  
3&4      Step right behind, rock back on left, step right together  
5&6&      Step left forward, rock back on right, step left to left side, rock back on right  
7&8      Step left behind, rock back on right, step left together

## REPEAT

## RESTART

On wall 3 - dance beats &1 and &2 twice, then restart the dance (as wall 3)

On wall 4 - dance until beat 28, then restart the dance

If dancing to the up-tempo music of Asereje -

On wall 3 - dance until beat 8, dance beats &1 and &2 then restart the dance (as wall 3)

On wall 5 - dance until beat 30 (no ¼ turn turn) then restart the dance