

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