

The Ketchup Dance

拍數: 80 牆數: 4 級數: Intermediate
編舞者: Linda Burgess (AUS)
音樂: Aserejé (The Ketchup Song) - Las Ketchup



- 1-8 Rock/step forward onto right heel, replace weight back to left, rock/step back right, replace weight forward to left, rock/step forward onto right heel, replace weight back to left, rock/step back right, replace weight forward to left (swing arms forward on rock s forward, & back on rocks back)
- 1-8 Step forward right, pivot ½ left, weight on left, hop/scoot on left, step down on right, rock/step left to side, replace weight to right, cross/step left over right, hold
- 1-8 Vine right & scuff left, vine left with ¼ turn left & scuff right
- 1-8 Step forward right, pivot ½ left, step forward right, pivot ½ left, scuff right forward, hop/scoot on left, stomp right forward, & hold
- 1-8 Step forward left to 45 degrees left, step right beside left, step forward left to 45 degrees left, tap right beside left, step forward right to 45 degrees right, tap left beside right, step forward left to 45 degrees left, tap right beside left
- On the next 8 counts, hold arms above head & wiggle fingers in the air**
- 1-8 Turn ¼r & step forward right & hitch left, turn ½r stepping back on left & hitch right, turn ½ right & step forward & hitch left, turn ½ right stepping back on left & hitch right
- 1-8 Tap right to side, tap right beside left, tap right to side, kick right to side, cross/step right behind left, turn ¼ left & step forward left, step forward right & pivot ½ left (weight on left)
- 1-8 Rock/step forward right, replace weight to left, rock/step back right, replace weight to left, (swing arms forward, & back on rock steps), step forward right & pivot ½ left, step forward right & hold
- 1-8 Step forward left & pivot ½ right, step forward left & hold, turn ½ left & step back on right, hold, turn a further ½ left & step forward left hold
- 1-8 Turn ¼ right & step forward right, locking left behind right, turn 1/8 right & step forward right, locking left behind right, turn 1/8 right & step forward right, locking left behind right (these 3 locks step make a half turn to new wall), stomp right forward, stomp left beside right

REPEAT

TAG

At the end of wall 2, facing back

- 1-2 Tap right back & bend left knee forward, raise arms above head, wiggle fingers & look up, hold
- 3-4 Step right beside left & brings arms down, hold
- 5-8 Repeat with left foot on counts 5678

RESTART

On wall 5, after count 54 (after the cross/step right behind left, & ¼ turn left, step forward left) just add the following- counts 55-56 step forward right, step forward left. Restart dance facing left side wall