

Ketchup K-Os

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Craig Smith (SA)
音樂: Aserejé (The Ketchup Song) - Las Ketchup



Sequence: ABDC, ABD, A(1-64), B until end of song

PART A (VERSE)

4 STEPS BACK (RIGHT-LEFT-RIGHT-LEFT), HEEL-TOE-HEEL SWIVELS TO LEFT, HOLD

1-2 Step back on right, step back on left
3-4 Step back on right, step back on left
5-8 Swivel heels left, toes left, heels left, hold

HEEL-TOE-HEEL SWIVELS TO RIGHT, HOLD, ROCK LEFT BEHIND RIGHT, RECOVER RIGHT, STEP LEFT, HOLD

1-4 Swivel heels to right, toes to right, heels to right, hold
5-6 Rock left behind right, recover weight on right
7-8 Step left to left, hold

LEFT CROSS SHUFFLE (RIGHT-LEFT-RIGHT), HOLD, RIGHT CROSS SHUFFLE (LEFT-RIGHT-LEFT), HOLD

1-4 Cross right over left and step and push off to the left slightly with left in place, step to left on right (still across left), hold
5-8 Cross left over right and step and push off to the right slightly with right in place, step to right on left (still across right), hold

RIGHT MAMBO FORWARD, HOLD, LEFT MAMBO BACK, HOLD

1-4 Rock forward on right, recover weight on left, step right beside left with weight, hold
5-8 Rock back on left, recover weight on right, step left beside right with weight, hold

RIGHT ROCK & CROSS, HOLD, LEFT ROCK & CROSS, HOLD

1-2 Rock right to right side, recover weight on left
3-4 Cross and step (with weight) right over left, hold
5-6 Rock left to left side, recover weight on right
7-8 Cross and step (with weight) left over right, hold

STEP, HOLD, ¼ TURN LEFT, HOLD, STEP, HOLD, ¼ TURN LEFT, HOLD

1-4 Step right foot forward, hold, ¼ turn left, hold
5-8 Step right foot forward, hold, ¼ turn left, hold

RIGHT SHUFFLE FORWARD, HOLD, LEFT SHUFFLE FORWARD, HOLD

1-4 Step right foot forward, step left beside right, step right foot forward, hold
5-8 Step left foot forward, step right beside left, step left foot forward, hold

RIGHT MAMBO FORWARD, HOLD, 3 STEPS BACK (LEFT-RIGHT-LEFT), HOLD

1-4 Rock forward on right, recover weight on left, step right slightly back with weight, hold
5-8 Step back on left, back on right, back on left, hold

RIGHT MAMBO BACK, LEFT MAMBO FORWARD

1-4 Rock right back, recover weight on left, step right beside left with weight, hold
5-8 Rock left forward, recover weight on right, step left beside right with weight, hold

RIGHT MAMBO RIGHT, CHASSE LEFT

- 1-4 Rock right to right side, recover weight on left, step right beside left with weight, hold
5-8 Step left to left side, step right beside left, step left to left side, hold

PART B (HAND MOVEMENT SECTION, AS WITH HAND JIVE)

RIGHT HAND ABOVE TWICE, LEFT HAND ABOVE TWICE, RIGHT HAND ABOVE TWICE, LEFT HAND ABOVE TWICE

Hold hands in front of body, palms down, elbows bent, about waist height

- 1-2 Right hand crossing over left hand twice, while left crosses under right simultaneously (almost as if elbows swing into body on either side during this movement,)
3-4 Left hand crossing over right hand twice, while right crosses under left simultaneously
5-6 Right hand crossing over left hand twice, while left crosses under right simultaneously
7-8 Left hand crossing over right hand twice, while right crosses under left simultaneously

RIGHT ELBOW TAP TWICE, LEFT ELBOW TAP TWICE, RIGHT HAND HITCH, LEFT HAND HITCH

- 1-2 Touch or tap right elbow with left hand twice
3-4 Touch or tap left elbow with right hand twice
5-6 Right thumb in hitching motion over right shoulder twice
7-8 Left thumb in hitching motion over left shoulder twice

SPIRIT FINGERS (4 COUNTS), KNOCK KNEES (4 COUNTS)

- 1-4 Lift hands from waist diagonally out, doing "spirit fingers" (as if fingers are blowing in the wind) for 4 counts
5-8 Right hand up to forehead (palm out) as if you were checking your temperature! Left hand simultaneously to back of head (palm against head), at the same time you need to knock your knees together four times,

To do this correctly, your knees need to be slightly bent, back straight remember,

PART C (JAZZ BOX COMBO)

HALF TIME JAZZ BOX (HOLD/PAUSE ON EACH STEP)

- 1-2 Step forward on right, hold
3-4 Step left across right, hold
5-6 Step slightly back on right, hold
7-8 Step left slightly to left side, hold

RIGHT STEP FORWARD, HOLD, CROSS LEFT, HOLD, STEP BACK, STEP ¼ LEFT, STEP ¼ LEFT, HOLD

- 1-2 Step forward on right, hold
3-4 Step left across right, hold
5-6 Step back on right, step a ¼ left on left
7-8 Step a ¼ left on right, hold (feet together now)

HEEL SPLITS (OUT-OUT-IN-IN) - REPEAT TWICE

- 1-4 Heels apart, toes out, toes in, heels together
5-8 Heels apart, toes out, toes in, heels together

Repeat hand movement section

PART D (4-BEAT SECTION)

RIGHT FORWARD, LEFT FORWARD, RIGHT BACK, LEFT BACK

- 1-2 Step right foot forward, step left beside right
3-4 Step right foot back, step left beside right
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