

The Ketchup Line Dance

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Beginner line/contra dance
編舞者: Bob Izral (USA)
音樂: Aserejé (The Ketchup Song) - Las Ketchup



Sequence:

A

B counts 1-20 of B 4 more counts of wiggling (to remain facing forward during the guitar solo)

A B

A up to count 64 only (leave off the mambos)

B

Repeat counts 1-24 of Section B until the song fades out

SECTION A

4 STROLLS WITH LATIN HIP MOVEMENTS

- 1-4 Step right diagonally forward, lock left behind, step right diagonally forward, hold
- 5-8 Step left diagonally forward, lock right behind, step left diagonally forward, hold
- 9-12 Step right diagonally forward, lock left behind, step right diagonally forward, hold
- 13-16 Step left diagonally forward, lock right behind, step left diagonally forward, hold

3 CROSS BALL CHANGES TRAVELING BACKWARD, ROCK STEP TURN

- 17-20 Cross right in front of left foot, step left backward, step right diagonally backward, hold
- 21-24 Cross left in front of right foot, step right backward, step left diagonally backward, hold
- 25-28 Cross right in front of left foot, step left backward, step right diagonally backward, hold
- 29-32 Rock left forward, replace right backward, pivot ½ left & step left forward, hold

REPEAT COUNTS 1-32

- 33-64 Repeat counts 1-32 (4 strolls, 3 cross ball changes, rock step turn)

4 SIDE MAMBOS

- 65-68 Rock right to side, replace left, step right together, hold
- 69-72 Rock left to side, replace right, step left together, hold
- 73-76 Rock right to side, replace left, step right together, hold
- 77-80 Rock left to side, replace right, step left together, hold

SECTION B

HAND JIVE, HITCHHIKES

Option: bump hips in this section: right, right, left, left, right, right, left, left

- 1&2& Cross right hand over left hand, pull hands apart, repeat 1&
- 3&4& Cross left hand over right hand, pull hands apart, repeat 3&
- 5&6& Hitchhike right thumb over right shoulder, bring right hand down, repeat 5&
- 7&8& Hitchhike left thumb over left shoulder, bring left hand down, repeat 7&

SHAKE WATER FROM HANDS, POSE WITH KNEE KNOCKS, WIGGLE, STEP-TURN-STOMP-CLAP

- 9-12 Raise both hands from the shoulders to the sky "shaking water from hands" for 4 counts and bump hips: right, left, right, left
- 13-16 Knock knees together 4 times while placing right hand in front of forehead (palm forward) and left hand behind back of head (palm forward)
- 17-20 Any kind of wiggling (hip bumps, body rolls, shimmies, etc.) For 4 counts
- 21-24 Step right forward, pivot ¼ left, stomp right in place, clap hands

REPEAT COUNTS 1-24

- 25-48 Repeat counts 1-24 (hand jive thru step-turn-stomp-clap)

REPEAT COUNTS 1-24 AND ADD EXTRA STEP-TURN-STOMP-CLAP TO END FACING FORWARD

49-72 Repeat counts 1-24

73-76 Repeat counts 21-24 (step right forward, pivot $\frac{1}{4}$ left, stomp right in place, clap hands)
