

Ketchup Rules

拍數: 0 牆數: 1 級數: Beginner
編舞者: Sharon Dalton (UK)
音樂: Aserejé (The Ketchup Song) - Las Ketchup



Sequence: A BBB C A BBB C BBBB to finish

SECTION A - VERSE

TOE STRUT FORWARD, JUMP OUT & IN ½ PIVOT LEFT

1-4 Toe strut forward right, left, right, left

Styling - click fingers as heel touches floor)

5&6& Jump out right then left jump in right then left

7-8 Step forward right and ½ pivot turn to left

TOE STRUT FORWARD, JUMP OUT & IN ½ PIVOT LEFT

9-12 Toe strut forward right, left, right, left

Styling - click fingers as heel touches floor

13&14& Jump out right then left jump in right then left

15-16 Step forward right and ½ pivot turn to left

RIGHT VINE, CLAP, RIGHT VINE AND HEEL JACK

17-20 Step right to right side, step left behind right, step right to side, stomp left next to right and clap

21-22 Step right to right side, step left behind right

&23-24 Step right to right side and take left heel forward on left diagonal, hold

Styling - raise right arm high and left arm out to side, palms up

LEFT VINE, CLAP, LEFT VINE AND HEEL JACK

25-28 Step left to left side, step right behind left, step left to side, stomp right next to left and clap

29-30 Step left to left side, step right behind left

&31-32 Step left to left side and take right heel forward on right diagonal, hold

Styling - raise left arm high and right arm out to side palms up

RIGHT HEEL JACK, LEFT HEEL JACK, CROSS & UNWIND

&33-34 Step right to right side and take left heel forward on left diagonal, hold

&35-36 Step left to left side and take right heel forward on right diagonal, hold

37-40 Cross right over left and unwind full turn to left

Styling - as above

SECTION B - CHORUS

HAND JIVE AND HITCHHIKE

1& Cross right hand over left twice

2& Cross left hand over right twice

3& Cross right hand over left twice

4& Cross left hand over right twice

5& Cross right hand over left twice

6& Cross left hand over right twice

7& Raise right thumb over right shoulder, hitchhike twice

8& Raise left thumb over left shoulder, hitchhike twice

RAISE BOTH ARMS, HOLD HEAD AND WIGGLE KNEES

9&10& Raise both arms from waist height to head height waving hands

11&12& Place back of right hand on forehead and palm of left on back of head while moving both knees in & out 4 times

Styling - bounce on legs throughout Section B

SECTION C

Section C is repeated twice, both times with different counts. Listen to the music and have fun improvising. Turn slowly on the spot, any direction and move arms up and down - sixties style. Return to front wall as vocals restart and continue dance.
