

# 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.**

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