

Let's Ketchup

拍數: 0 牆數: 0 級數:
編舞者: Dicey
音樂: Aserejé (The Ketchup Song) - Las Ketchup



Sequence: ABBB, 4 beat hold, TAG, ABBB, 4 beat hold, A (steps 1-64 only), BBBB

PART A

RIGHT LOCK STEP, LEFT LOCK STEP, ¼ TURNING RIGHT JAZZ BOX, ¼ TURNING RIGHT, LEFT BACK MAMBO

- 1-4 Step right forward, close left to right with weight, step right forward, hold
5-8 Step left forward, close right to left with weight, step left forward, hold
9-12 Cross right over left, step back on left making ¼ turn right, step right to right side, hold
13-16 Back rock on left recover weight onto right making ¼ turn right, step left to left side, hold
You should now be in the opposite line, in your partner's position

RIGHT LOCK STEP, LEFT LOCK STEP, ¼ TURNING RIGHT JAZZ BOX, ¼ TURNING RIGHT, LEFT BACK MAMBO

- 17-32 Repeat steps 1-16
You should now be back in your original starting position

SIDE CLOSE, SIDE TOUCH WITH CLICKS, SIDE CLOSE SIDE TOUCH WITH CLICKS, MONTEREY TURNS (TWICE)

- 33-36 Step right to right side, close left to right with weight, step right to right side, touch left next to right, hold & click
37-40 Step left to left side, close right to left with weight, step left to left side, touch right next to left hold and click
41-44 Touch right toe to right side pivot ½ turn right, touch left toe to left side replace next to right with weight
45-48 Touch right toe to right side pivot ½ turn right, touch left toe to left side replace next to right with weight

HIP BUMPS (TWICE), RIGHT MAMBO FORWARD, LEFT MAMBO BACK

- 49-52 Step right forward, bumping hips right, left, right & hold
53-56 Step left forward, bumping hips left, right, left & hold
57-60 Rock forward on right, bring weight back onto left, step right next to left, hold
61-64 Rock back on left, bring weight back onto right, step left next to right, hold

STEP TURN STEP WITH HOLD (TWICE), SIDE MAMBO (TWICE)

- 65-68 Step right forward, pivot ½ turn left, step right forward & hold
69-72 Step left forward, pivot ½ turn right, step left forward & hold
73-76 Rock right to right side, recover weight onto left, replace right next to left with weight, hold
77-80 Rock left to left side, recover weight onto right, replace left next to right with weight, hold

PART B

HAND JIVE MOVEMENTS

- 1&2& Cross right hand over left hand, pull hands apart, cross right hand over left hand, pull hands apart
3&4& Cross left hand over right hand, pull hands apart, cross left hand over right hand, pull hands apart
5&6& Cross right hand over left hand, pull hands apart, cross right hand over left hand, pull hands apart

- 7&8& Cross left hand over right hand, pull hands apart, cross left hand over right hand, pull hands apart
- 9&10& Cross right hand over left hand, pull hands apart, cross right hand over left hand, pull hands apart
- 11&12& Cross left hand over right hand, pull hands apart, cross left hand over right hand, pull hands apart

THUMB HITCHES, HAND SHAKES, KNEE KNOCKS

- 13& Pretend to hitch a lift with right thumb over right shoulder, bring right arm down thumb pointing to ceiling
- 14& Repeat 13&
- 15& Pretend to hitch a lift with left thumb over left shoulder, bring left arm down thumb pointing to ceiling
- 16& Repeat 15&
- 17-20 Shake hands from shoulders to ceiling (as if shaking water off hands)
- 21-24 Knock knees together four times, while placing right hand on forehead, palm out & left hand on back of head

4 BEAT HOLD

Please note there is a 4 count break, just stand still, holding arms in above position on head

TAG

RIGHT KICK BALL STEPS (TWICE), ¼ TURN LEFT STEP PIVOTS (TWICE)

- 1-4 Kick right forward, step on right, step left long stride forward with weight, hold
- 5-8 Repeat 1-4
- 9-12 Step right forward, pivot ¼ left, step right forward, pivot ¼ left
- 13-24 Repeat steps 1-12
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