

KETCHUP AND GO

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Count: 40

Wall: 2

Level: intermediate

Choreographer: Roberta Burke

Music: Asereje (The Ketchup Song) by Las Ketchup

- &1** Small jump step right to right, touch left together
- &2** Small jump step left to left, touch right together
- 3&4** Step right to right, step left together, step right back
- &5** Small jump step left to left, touch right together
- &6** Small jump step right to right, touch left together
- 7&8** Step left to left, step right together, step left forward
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- 1&2&** Step right to right, step left together, step right to right, hitch left knee across right
- 3&4&** Step left to left, step right together, step left to left, hitch right knee across left
- 5&** Step right forward, turn $\frac{1}{4}$ turn left taking weight onto left (right hand on right hip)
- 6&** Step right forward, turn $\frac{1}{4}$ turn left taking weight onto left (right hand on right hip)
- 7&8&** Step right toes forward, drop right heel, step left back, rock forward onto right
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- 1&2&** Step left forward, rock back onto right, step left back, rock forward onto right
- 3&4&** Step left forward, rock back onto right, step left back, rock forward onto right
- 5&** Step left forward, turn $\frac{1}{4}$ turn Right taking weight onto right (left hand on left hip)
- 6&** Step left forward, turn $\frac{1}{4}$ turn Right taking weight onto right (left hand on left hip)
- 7&8&** Step left toes forward, drop left heel, step right back, rock forward onto left
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- 1&2&** Push hips right(slightly back), hold, push hips left, hold
- 3&4&** Push hips right, left, right, left
- 5&6&** Cross right over left, step left back, turn $\frac{1}{4}$ turn right step left together
- 7&8&** Cross right over left, step left back, turn $\frac{1}{4}$ turn right step left together

- 1&2&** Step right forward, rock back on left, step right to right side, rock back on left
- 3&4** Step right behind, rock back on left, step right together
- 5&6&** Step left forward, rock back on right, step left to left side, rock back on right
- 7&8** Step left behind, rock back on right, step left together

REPEAT

RESTART

On wall 3 - dance beats &1 and &2 twice, then restart the dance (as wall 3)

On wall 4 - dance until beat 28, then restart the dance

If dancing to the up-tempo music of Asereje -

On wall 3 - dance until beat 8, dance beats &1 and &2 then restart the dance (as wall 3)

On wall 5 - dance until beat 30 (no $\frac{1}{4}$ turn turn) then restart the dance