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Ketch-up

Phrased, 4 wall, intermediate level
Choreographer: Derrick & Terry (UK)

August 2002

Choreographed to: The Ketch-up Song by Las
Ketch-up

PHRASED DANCE(OH'NOOOO)

SEQUENCE:-A.A.B.B.B.C.A.A.B.B.B.D.E.E.B's REPEATED TO FINISH..

(YOU WILL LIKE IT,IT IS "WARM")

'A' SECTION 1 EXTENDED WEAWE,ROCK,STEP.

1 - 2 STEP RIGHT TO RIGHT,CROSS LEFT BEHIND RIGHT
3 - 4 STEP RIGHT TO RIGHT,CROSS LEFT OVER RIGHT,
5 - 6 STEP RIGHT TO RIGHT,ROCK BACK ON LEFT,
7 - 8 ROCK ONTO RIGHT,STEP LEFT TO LEFT.

'A' SECTION 2 STEP-TURN-STEP-HOLD X 2.

1 - 2 STEP FORWARD ON RIGHT,PIVOT 1/2 TURN LEFT,
3 - 4 STEP FORWARD ON RIGHT,HOLD.
5 - 6 STEP FORWARD ON LEFT,PIVOT 1/2 TURN RIGHT,
7 - 8 STEP FORWARD ON LEFT,HOLD.

'A' SECTION 3 STEP-TOUCH X 2,STEP-TURN-TOUCH,HOLD.

1 - 2 STEP FORWARD ON RIGHT,TOUCH LEFT TO RIGHT.
3 - 4 STEP BACK ON LEFT,TOUCH RIGHT TO LEFT,
5 - 6 STEP FORWARD ON RIGHT,PIVOT 1/2 TURN LEFT,
7 - 8 TOUCH RIGHT TO LEFT,HOLD.

'A' SECTION 4 RHUMBA BOX WITH HOLDS

1 - 2 STEP RIGHT TO RIGHT,CLOSE LEFT TO RIGHT,
3 - 4 STEP RIGHT FORWARD,HOLD.
5 - 6 STEP LEFT TO LEFT,CLOSE RIGHT TO LEFT,
7 - 8 STEP LEFT BACK,HOLD.

'A' SECTION 5 SIDE-CLOSE-1/4-HOLD,STEP-TURN-STEP-HOLD.

1 - 2 STEP RIGHT TO RIGHT,CLOSE LEFT TO RIGHT,
3 - 4 STEP RIGHT 1/4 TURN RIGHT,HOLD.
5 - 6 STEP LEFT FORWARD,PIVOT 1/2 TURN RIGHT,
7 - 8 STEP LEFT FORWARD,HOLD.

'B' SECTION 1 TOE-HEEL STRUTS OUT AND IN.

1 - 2 STRUT RIGHT TO RIGHT SIDE(TOE-HEEL)
3 - 4 STRUT LEFT TO LEFT SIDE(TOE-HEEL)
5 - 6 STRUT RIGHT TO CENTRE(TOE-HEEL)
7 - 8 STRUT LEFT TO CENTRE(TOE-HEEL).

'B'SECTION 2 HIP BUMPS.

1 - 2 STEP RIGHT SLIGHTLY FORWARD BUMPING HIPS FORWARD TWICE
3 - 8 BUMP HIPS BACK TWICE,& FORWARD-BACK-FORWARD-BACK.

'B'SECTION 3 STEP-LOCK-STEP-HOLD,STEP-TURN-STEP-HOLD.

1 - 2 STEP FORWARD ON RIGHT,LOCK LEFT BEHIND RIGHT.
3 - 4 STEP FORWARD ON RIGHT,HOLD
5 - 6 STEP FORWARD ON LEFT,PIVOT 1/2 TURN RIGHT.
7 - 8 STEP FORWARD ON LEFT,HOLD.

'C'SECTION 1 RIGHTWEAVE,ROCK-CROSS,HOLD.

1 - 2 STEP RIGHT TO RIGHT,CROSS LEFT BEHIND RIGHT,
3 - 4 STEP RIGHT TO RIGHT,CROSS LEFT OVER RIGHT,
5 - 6 ROCK RIGHT TO RIGHT,RECOVER ONTO LEFT,
7 - 8 CROSS RIGHT OVER LEFT,HOLD.

'C'SECTION 2 LEFT WEAWE, ROCK-CROSS, HOLD.

1 - 8 REPEAT 'C'SECTION 1 LEADING TO THE LEFT.

'C'SECTION 3 STEP-CLOSE-1/4 TURN-HOLD, STEP-TURN-TURN-TOUCH.

1 - 2 STEP RIGHT TO RIGHT, CLOSE LEFT TO RIGHT,
3 - 4 STEP RIGHT 1/4 TURN RIGHT, HOLD
5 - 6 STEP FORWARD ON LEFT, PIVOT 1/2 TURN RIGHT,
7 - 8 PIVOT 1/4 RIGHT STEPPING LEFT TO LEFT, TOUCH RIGHT TO LEFT.

'C'SECTION 4 STEP TOUCH X 2.

1 - 2 STEP RIGHT TO RIGHT, TOUCH LEFT TO RIGHT.
3 - 4 STEP LEFT TO LEFT, TOUCH RIGHT TO LEFT.

'D' RIGHT & LEFT TOE STRUTS.

1 - 2 TOUCH RIGHT TOE FORWARD, DROP RIGHT HEEL.
3 - 4 TOUCH LEFT TOE FORWARD, DROP LEFT HELL.

'E'SECTION 1 TOUCH-HOLD X 2, VINE RIGHT-TOUCH.

1 - 2 TOUCH RIGHT TO RIGHT, HOLD
3 - 4 TOUCH RIGHT OVER LEFT, HOLD
5 - 6 STEP RIGHT TO RIGHT, CROSS LEFT BEHIND RIGHT.
7 - 8 STEP RIGHT TO RIGHT, TOUCH LEFT TO RIGHT.

'E'SECTION 2 TOUCH-HOLD X 2, VINE LEFT-TOUCH.

1 - 8 REPEAT 'E'SECTION 1 LEADING TO LEFT.

'E'SECTION 3 STEP-TURN-STEP-HOLD X 2

1 - 2 STEP FORWARD ON RIGHT, PIVOT 1/2 TURN LEFT,
3 - 4 STEP FORWARD ON RIGHT, HOLD
5 - 6 STEP FORWARD ON LEFT, PIVOT 1/2 TURN RIGHT,
7 - 8 STEP FORWARD ON LEFT, HOLD.

'E'SECTION 4 STEP-TOUCH X 4

1 - 2 STEP DIAGONALLY FORWARD ON RIGHT, TOUCH LEFT TO RIGHT.
3 - 4 STEP DIAGONALLY FORWARD ON LEFT, TOUCH LEFT TO RIGHT.
5 - 6 STEP DIAGONALLY BACK ON RIGHT, TOUCH LEFT TO RIGHT.
7 - 8 STEP DIAGONALLY BACK ON LEFT, TOUCH RIGHT TO LEFT.....