

KETCHUP DANCE

(PARTY VERSION)

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

Begin Again