

Wiggle De Beat

Count: 0

Wall: 4

Level: Intermediate/Advanced

Choreographer: Kate Sala (UK)

Music: Aserejé (The Ketchup Song) - Las Ketchup



Sequence: A, A, A (1-16), B, C, B, Tag, C, A, A (1-8), B, C, B, C, B, C, B, C
A always faces front wall. B always faces front and back. C always faces side walls

PART A

LEFT MAMBO FORWARD, RIGHT MAMBO BACK

- 1-4 Rock forward on left, rock back on right, small step back on left, hold
- 5-6 Rock back on right, rock forward on left
- 7-8 Small step forward on right, (when followed by B, touch right next to left,) hold

CROSS, BACK, BACK, CROSS, LEFT SIDE MAMBO

- 1-3 Cross step left over right, step right back to right diagonal, step left back to left diagonal
- 4-6 Cross step right over left, rock left to left side, rock onto right in place
- 7-8 Touch left next to right, (when followed by part b, step left next to right), hold

STOMP, MAMBO FULL TURN LEFT, HOLD

- 1-2 Stomp left over right, step ball of right in place
- 3-4 Turn left stepping on left, step ball of right behind left
- 5-6 Turn left stepping on left, step ball of right behind left
- 7-8 Turn left stepping left in place facing front wall, hold

The above section completes 1 full turn left

STOMP, MAMBO FULL TURN RIGHT, HOLD

- 1-8 Repeat the above 8 counts on the opposite foot turning right

PART B

KICK, CROSS, BACK STEP WITH KICK & KICK, CROSS, BACK STEP WITH KICK

- 1-2 Kick right forward, cross step right over left
- 3-4 Step back on left and at the same time kick right forward, step right in place
- 5-6 Kick left forward, cross step left over right
- 7-8 Step back on right and at the same time kick left forward, step left in place

SIDE KICK, STEP, CROSS BEHIND, ANKLE ROCK, SIDE TOGETHER, HOLD

- 1-2 Kick right to right side, step right to right side
- 3 Cross step left behind right at the same time rock onto the out side of the right foot
- 4-5 Rock onto the out side of the left foot, rock onto the out side of the right foot
- 6-8 Small step right to right side, step left next to right, hold

SIDE STEP OUT, HOLD, SIDE STEP OUT, HOLD, TURN ¾ LEFT WITH 2 PADDLE TURNS

- 1-4 Step right out to right side, hold, step left out to left side, hold
- 5-8 Step forward on right, paddle left, step forward on right, paddle left, completing ¾ turn left

Use your hips for styling

TAG

- 1-4 Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left

PART C

WALK, HOLD, WALK, HOLD, FORWARD LOCK STEP, HOLD

- 1-4 Step forward on right, hold, step forward on left, hold
5-8 Step forward on right, lock step left behind right, step forward on right, hold

RIGHT MAMBO CROSS ROCKS TWICE, HOLD

- 1-4 Rock left over right, recover onto right, rock left to left side, recover onto right
5-8 Rock left over right, recover onto right, rock left to left side, hold

SAILOR ½ TURN, ¾ TURN

- 1-2 Cross step right behind left starting to turn right, complete ½ turn right stepping left in place
3-4 Step forward on right, hold
5-6 Turn ½ right stepping back on left, turn ¼ right stepping right to right side,
7-8 Step left next to right, hold (when followed by a, touch left next to right)
-