

The Ketchup Song Dance

- 1 Cross hands across torso, alternate your left hand over right hand x 6
- 2 Hitch a ride to the right and repeat to the left
- 3 Move both arms in small circular motions over your head
- 4 Move right hand to front of head and left hand to back of head
- 5 With hands to front and back of head, move knees together and away from each other x 4
- 6 Now just wiggle!