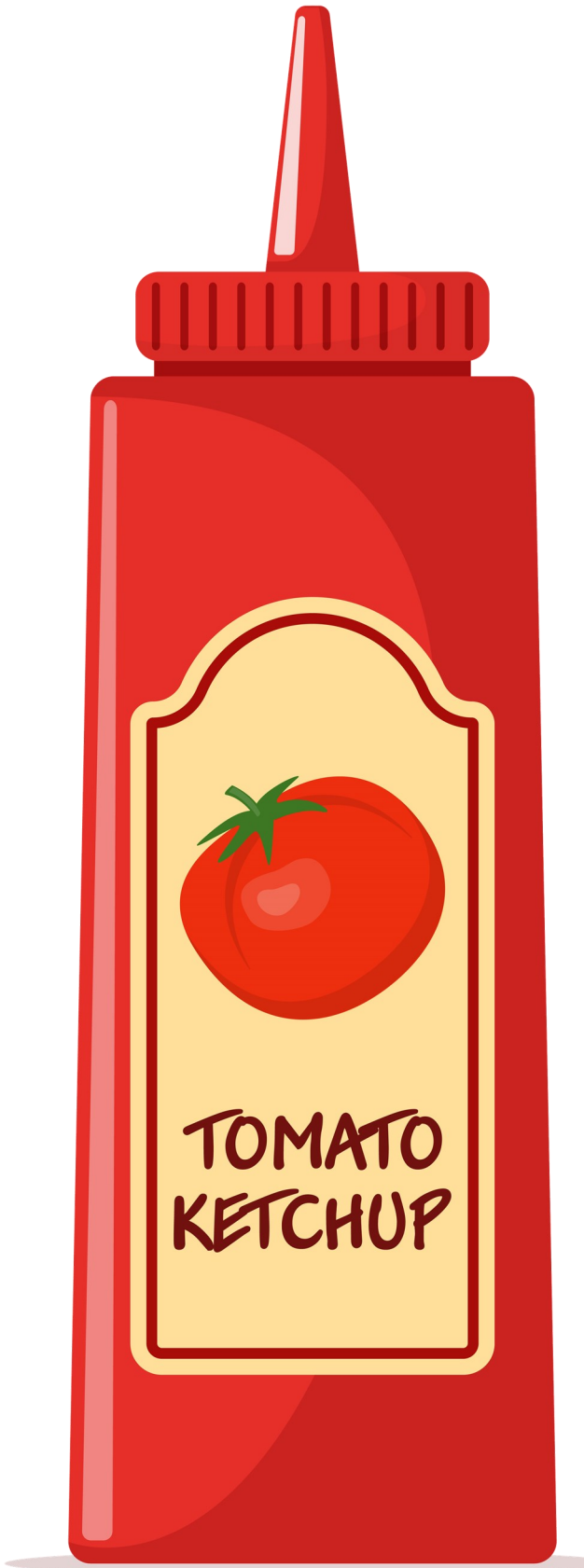


THE KETCHUP SONG

Search YouTube for dance demonstrations

CARRY OUT THESE MOVES ON EACH CHORUS



1. Raise hands to waist height in front of you, held open and face down, and wave them continuously for six beats.
2. Toss your right thumb over your right shoulder twice and repeat with your left.
3. Spin your arms around each other while raising from the waistline to face level.
4. Place the back of your hand on the forehead and the palm of the other hand on the back of the head while knocking your knees together a couple of times.