

Banane E Lamponi

Count: 32

Wand: 4

Ebene: High Beginner

Choreograf/in: Phin Sari (INA) - May 2021

Musik: Banane E Lamponi - Francesca Lotà



Intro: 16 Count - No Tag - No Restart

SEC 1: BACK ROCK, RECOVER, FORWARD LOCK SHUFFLE, PIVOT ¼ RIGHT, CROSS SHUFFLE

- 1-2 Rock R back (1), Recover on L (2)
- 3&4 Step R forward (3), Lock L behind R (&), Step R forward (4)
- 5-6 Step L forward (5), Make ¼ right turn on R (6)
- 7&8 Cross L over R (7), Step R to side (&), Cross L over R (8)

SEC 2: TURN 1/4 RIGHT, SPIRAL 3/4 RIGHT, SIDE CHASSE, FORWARD ROCK, RECOVER, LEFT BACK COASTER STEP

- 1-2 Make ¼ right turn step R forward (1), Step L forward while turning ¾ right (2)
- 3&4 Step R to side (3), Step L next to R (&), Step R to side (4)
- 5-6 Rock L forward (5), Recover on R (6)
- 7&8 Step L back (7), Step R next to L (&), Step L forward (8)

SEC 3: FORWARD POINT, HOOK, FORWARD LOCK SHUFFLE, PIVOT ½ RIGHT, FORWARD LOCK SHUFFLE

- 1-2 Point R forward (1), Hook R over L (2)
- 3&4 Step R forward (3), Lock L behind R (&), Step R forward (4)
- 5-6 Step L forward (5), Make ½ right turn on R (6)
- 7&8 Step L forward (7), Lock R behind L (&), Step L forward (8)

SEC 4: (SIDE ROCK, RECOVER, TRIPLE STEP IN PLACE)X2

- 1-2 Rock R to side (1), Recover on L (2)
- 3&4 Step R next to L (3), Step L in place (&), Step R in place (4)
- 5-6 Rock L to side (5), Recover on R (6)
- 7&8 Step L next to R (7), Step R in place (&), Step L in place (8)

Enjoy the dance and Have Fun!

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