

# Swingin' Banana

**COPPER** KNOB  
BY STEPHEN

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Mama Mia Hammarstrand

Musik: I Wanna Be Like You - Big Bad Voodoo Daddy



## **KNEE TWIST, HOLD, KNEE TWIST, HOLD KNEE TWIST X 3, POINT**

- 1-2 Turn right knee into left, hold, (turn body slightly to the left, right knee will be "tight" crossed over left knee)  
3-4 Turn left knee into right, hold  
5-6 Turn right knee into left, turn left knee into right  
7-8 Turn right knee into left, take weight on right foot on count 7, on count 8, point left foot to left

### **1-8 moving forward**

#### **Hand movements:**

- 1-4 Jazz hands: shake your hands at waist height, spread fingers palms facing forward  
5-7 Click fingers and raise hands to shoulder level  
8 Do "hands up" with spread fingers and palms facing forward

## **EXTENDED CROSS SHUFFLE RIGHT, HEEL BOUNCE $\frac{3}{4}$**

- 1&2 Cross left over right, step right to right, cross left over right  
&3&4 Step right to right, cross left over right, step right to right, cross left over right  
5-8 Turn  $\frac{3}{4}$  right bouncing heels up and down, taking weight on right

### **5-6 bend knees slightly 7-8 straighten up body**

#### **Hand movements: 1-4 swing your right arm left, right, left, right, in front of your body, downwards**

- 5-8 Shrug shoulders up and down, palms facing floor

## **POINT, FLICK, BACK MAMBO, POINT, FLICK, BACK MAMBO**

- 1-2 Point left toe left in a "long point" diagonal, lean upper body slightly backwards, flick left foot back to left diagonal, turning body to right diagonal  
3&4 Rock back diagonal on left, recover on right, cross left over right (now facing right diagonal)  
5-6 Do like counts 1-2, but start with right foot  
7&8 Do like counts 3&4, but rock back with right foot

#### **Hand movements:**

- 1-2 Put your right hand upon your left, pushing palms down to left diagonal (the Charleston way)  
5-6 Put your right hand upon your left, pushing palms down to right diagonal (the Charleston way)

## **KICK, KICK, COASTER STEP, MOON WALK**

- 1-2 Kick left forward, kick left too left while turning  $\frac{1}{4}$  left  
3&4 Step back left, step right beside left, step left forward  
&5-6 Touch right beside left, drag right foot back, drag left foot back  
7-8 Drag right foot back, drag left foot back (weight ending on left foot)

**Moon walk; while dragging right foot flat back, lift left heel, step down on left dragging left foot back lifting right heel**

## **KICK, KICK, COASTER STEP, MOON WALK**

- 1-2 Kick right forward, kick right too right while turning  $\frac{1}{4}$  right  
3&4 Step back right, step left beside right, step right forward  
&5-6 Touch right beside left, drag left foot back, drag right foot back  
7-8 Drag left foot back, drag right foot back (weight ending on right foot)

## **KICK, KICK, COASTER STEP, KICK, KICK, COASTER STEP**

- 1-2 Kick left forward, kick left too left, while turning  $\frac{1}{4}$  left

- 3&4 Step back left, step right beside left, step left forward  
5-6 Kick right forward, kick right foot right while turning  $\frac{1}{4}$ right  
7&8 Step back right, step left beside right, step right forward  
**While doing the kicks in the 3-8 above, lean upper body slightly backwards**

**SKATE, SKATE, SHUFFLE, SKATE, SKATE, SHUFFLE**

- 1-2 Swivel on ball of right while stepping left diagonal, swivel on ball of left while stepping right diagonal  
3&4 Step forward on left, step right next to left, step forward on left  
5-6 Swivel on ball of left while stepping right diagonal, swivel on ball of right while stepping left diagonal  
7&8 Step forward on right, step left next to right, step forward on right

**CROSS, BOUNCE  $\frac{1}{2}$  RIGHT, HEEL JACKS**

- 1-4 Cross left over right, bounce heels up and down turning  $\frac{1}{2}$  right  
5&6 Cross right over left, step back left, touch right heel forward  
&7&8& Step back right, cross left over right, step back right, touch left heel forward, step left beside right taking weight

**Hands movements: 1-4 shrug shoulders up and down, palms facing floor**

**REPEAT**

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