

# Banana Wind

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: William Sevone (UK)

Musik: Banana Wind - Jimmy Buffett



## RIGHT HEEL BALL CROSS, SIDE STEP, ROCK BACK

- 1 Touch right heel diagonally forward  
&2 Step back onto ball of right foot, cross left foot over right  
3-4 Step right foot to side, rock back onto left foot

## RIGHT HEEL BALL CROSS, SIDE STEP, ROCK BACK, SAILOR SHUFFLE

- 5 Touch right heel diagonally forward  
&6 Step back onto ball of right foot, cross left foot over right  
7-8 Step right foot to side, rock back onto left foot  
9&10 Step right foot behind left, step left foot to side, step right foot in place

## LEFT HEEL BALL CROSS, SIDE STEP, ROCK BACK

- 11 Touch left heel diagonally forward  
&12 Step back onto ball of left foot, cross right foot over left  
13-14 Step left foot to side, rock back onto right foot

## LEFT HEEL BALL CROSS, SIDE STEP, ROCK BACK, SAILOR SHUFFLE

- 15 Touch left heel diagonally forward  
&16 Step back onto ball of left foot, cross right foot over right  
17-18 Step left foot to side, rock back onto right foot  
19&20 Step left foot behind right, step right foot to side, step left foot in place

## ½ LEFT, COASTER STEP, SIDE STEP, STEP BEHIND

- 21 With a ¼ turn left step onto right foot  
22 Spin ¼ turn left on ball of right foot - stepping backwards onto left foot  
23&24 Step back onto right foot, step left foot next to right, step forward onto right foot  
25-26 Step left foot to left, step right foot behind left

## SIDE STEP, 4X SIDE ROCK'S, SIDE STEP, STEP BEHIND

- 27 Step left foot to side  
28-29 Rock onto right foot, rock back onto left foot  
30-31 Rock back onto right foot, rock back onto left foot  
32-33 Step right foot to right, step left foot behind right

## SIDE STEP, 4X SIDE ROCK'S, FULL TURN LEFT

- 34 Step right foot to side  
35-36 Rock onto left foot, rock back onto right foot  
37-38 Rock back onto left foot, rock back onto right foot  
39-41 Full turn left - stepping left, right, left

## STEP FORWARD, ROCK BACK, SHUFFLE FORWARD WITH ¼ LEFT, HOLD, COASTER STEP

- 42-43 Step forward onto right foot, rock back onto left foot  
44&45 Step onto right foot, step left foot next to right, with a ¼ turn left step forward onto right foot  
46 Hold  
47-48 Step back onto left foot, step right foot next to left, step forward onto left foot

**REPEAT**

**Styling note: on counts 3-4, 7-8, 11-12 and 15-16 push hips into direction of rock**

**Variations**

- 28-29            With knees slightly bent - roll hips to the right
  - 30-31            With knees slightly bent - roll hips to the left
  - 35-36            With knees slightly bent - roll hips to the left
  - 37-38            With knees slightly bent - roll hips to the right
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