

Banca Groove

Count: 0

Wand: 4

Ebene: Intermediate

Choreograf/in: Bo Wallin (SWE)

Musik: Banca Banca - E-Type



Sequence: AAB, AAAB, AAAAA, Ending (B is done both times facing the back wall)

PART A

WALK FORWARD, RIGHT SHUFFLE FORWARD, STEP TURN ¼, CROSS SHUFFLE

- 1-2 Step forward right, step forward left
- 3&4 Right shuffle forward
- 5-6 Step forward on left, pivot ¼ right
- 7&8 Cross shuffle left over right

MONTEREY TURN ½ RIGHT, RIGHT ROCK STEP, STEP BEHIND & HEEL JACK

- 9-12 Touch right toe to right side, turn ½ right as you step right next to left, touch left toe to left side, step left next to right
- 13-14 Rock right to right side, rock onto left in place
- 15&16 Cross right behind left, step left slightly back left, touch right heel forward

& CROSS, UNWIND ½ TURN, RIGHT LOCK FORWARD, FORWARD ROCK, TRIPLE ½ TURN LEFT

- &17-18 Step right beside left, cross left over right, unwind ½ turn right, weight on left and right hooked over left

When unwinding and hooking on step 18 click fingers in shoulder height

- 19&20 Step forward right, lock left behind right, step right foot forward
- 21-22 Rock forward left, rock back onto right in place
- 23&24 Triple ½ turn left stepping left, right, left

KICK BALL CROSS, RIGHT ROCK STEP, BEHIND SIDE CROSS, STEP LEFT SLIDE

- 25&26 Kick right diagonally forward right, step right back, cross left over right
- 27-28 Rock right to right side, rock onto left in place
- 29&30 Cross right behind left, step left to left side, cross right over left
- 31-32 Step left large step left, slide right towards left

PART B

HEEL JACKS, RIGHT SCUFF WITH ¼ TURN, POINT, RIGHT KICKS, SAILOR STEP

- &1 Step back right, touch left heel forward
- &2 Step left beside right, touch right toe beside left
- 3-4 Scuff right forward, on ball of left foot turn ¼ right, point right toe forward

Start turning when doing the right scuff forward

- 5-6 Kick right across left, kick right to right side
- 7&8 Cross right behind left, step left to left side, step right slightly forward

LEFT KICKS, SAILOR ¼ TURN, STEP TURN ¼ LEFT, FORWARD ROCK TOUCH

- 9-10 Kick left across right, kick left to left side
- 11&12 Cross left behind right, step right to right side, step left ¼ turn left
- 13-14 Step forward on right, pivot ¼ left
- 15&16 Rock right forward, rock back onto left in place, touch right beside left

ENDING

HEEL JACK, CLAPS

- &1 Step back right, touch left heel forward

