

# Banana

**Compte:** 32

**Mur:** 2

**Niveau:** High Improver

**Chorégraphe:** Adelaine Ade (INA) - May 2020

**Musique:** Banana (feat. Shaggy) - Conkarah



**Intro : 16 Count**

**Restart on wall 7 after 16 count (12:00)**

## **I: Mambo Step, Spot Turn L, Behind Side Cross**

1&2 Step Forward RF, Recover On LF, Step Back  
3&4 Step Back LF, Recover On RF, Step Forward  
5&6 1/2 Turn L, Transfer Weight To LF, 1/2 Turn L On LF, RF Close  
7&8 LF Step Behind, RF Step To Side, LF Cross Over RF @ 12:00

## **II: Mambo Cross, R & L, Turn ½ L Paddle**

1&2 Step RF, Recover LF, Cross To R Side Over LF  
3&4 Step LF, Recover RF, Cross To L Side Over RF  
5&6&7&8 Turn ½ L Paddle R & R & R & Step R @ 9:00

## **III: Weave, R & L**

1&2& Cross RF Over L, Step LF To Side, Cross RF Behind LF, Step LF To Side ( Push Hips )  
3&4 Cross RF Over LF, Step LF To Side, Cross RF Behind LF, Step LF To Side ( Push Hips )  
5&6& Cross LF Over R, Step RF To Side, Cross LF Behind RF, Step RF To Side ( Push Hips )  
7&8 Cross LF Over RF, Step RF To Side, Cross LF Behind RF, Step RF To Side ( Push Hips )

## **IV: Full Diamond**

1&2 Cross RF Over LF, Rock LF To L Side, Recover Facing 7:30  
3&4 Cross LF Behind RF, Rock RF To R Side, Recover Facing 11:30  
5&6 Cross RF Over LF, Rock LF To L Side Recover Facing 1:30  
7&8 Cross Step LF Behind, Step RF Forward, Step LF Forward 5:30 ( Start Again By 06:00 )

**Restart On Wall 7 After 16 Count (12:00)**

**Happy Dancing**

---