

Swingin' Banana

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Mama Mia Hammarstrand

Musique: 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 ¼right
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 ½ RIGHT, HEEL JACKS

1-4 Cross left over right, bounce heels up and down turning ½ 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
