

Banana Wind

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: William Sevone (UK)

Musique: 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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