

Banana 2

拍数: 64 墙数: 1 级数: Phrased High Beginner
编舞者: Andrico Yusran (INA) - June 2020
音乐: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



Sequences : A A A (16) B B A A A (16) B B
Start on Lyrics ♥ after 16 counts

PART A

S1# WALK FORWARD - TRIPLE SIDE (R-L) - BACKWARD

1-2 Step R - L walk forward
3&4 R side , L close beside R , L tap ball beside R
5&6 L side , R close beside L , R tap ball beside R
7-8 R - L backward

S2# BACK ROCK - WALK FORWARD - CLOSE (SWAY)

1-4 Step R back , L recover , R - L walk forward
5-8 R close beside L with smooth Sway R-L-R-L

S3# BACK - SIDE TOUCH - BACK - SIDE TOUCH - CROSS SYNCOPATED - SIDE TOUCH

1-4 Step R back , L side touch , L back , R side touch
5&6& R cross over L , L side , R cross over L , L side
7-8 R cross over L , L side touch

S4# CROSS - SIDE - CROSS SHUFFLE - SIDE TOUCH - HITCH - BACK - HITCH - CLOSE - JUMP OUT - IN

1-2 L cross over R , R side
3&4 L cross over R , R side , R cross over L
5&6& R side touch , R knee up , R back , L knee up
7&8 L close beside R , R-L jump out - in

PART B

S5# HITCH - TAP - HITCH - TAP (HAND STYLING) - SWAY (HANDS UP)

&1&2 R knee up , R tap beside L , L knee up , L tap beside R (with Hands Styling)
&3&4 R knee up , R tap beside L , L knee up , L tap beside R (with Hands Styling)
5-8 Making smooth sway R-L-R-L with both hands up

S6# HITCH - TAP - HITCH - TAP (HAND STYLING) - SWAY (HANDS UP)

&1&2 R knee up , R tap beside L , L knee up , L tap beside R (with Hands Styling)
&3&4 R knee up , R tap beside L , L knee up , L tap beside R (with Hands Styling)
5-8 Making smooth sway R-L-R-L with both hands up

S7# V STEPS - SIDE - CLOSE (R-L)

1-4 R side , L side , R back to centre , L close beside R (with hands styling) L punch forward
and R hand shake beside the head
5-8 R side - R close beside L , L side , L close beside R with smooth body roll

S8# V STEPS - SIDE - CLOSE (R-L)

1-4 R side , L side , R back to centre , L close beside R (with hands styling) L punch forward
and R hand shake beside the head
5-8 R side - R close beside L , L side , L close beside R with smooth body roll

Enjoy The Dance

Contact: ricoyusran@yahoo.com
