

Banana

拍数: 32 墙数: 2 级数: Beginner
编舞者: Tess van Zuydam (UK) - June 2020
音乐: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



Dance starts after 16 count intro on the vocal: "Girls from near and far..."

Section 1 : (1-8) Diagonal shuffle & Side mambo X 2

- 1&2 Step forward to the left diagonal with the left foot, Step right next to left (&), Step forward to the left diagonal with the left foot (shuffle)
- 3&4 Rock right foot to right side, recover on the left, step right foot next to left
- 5&6 Step forward to the right diagonal with the right foot, Step left next to right (&), Step forward to the right diagonal with the right foot (shuffle)
- 7&8 Rock left foot to left side, recover on the right, step left foot next to right

Section 2: (9-16) ½ Volta turn over the right shoulder, V steps out X 2, V steps in X 2

- 1&2& Step on right, Step left toe behind (&), Step on right, Step left toe behind (&)
- 3&4 Step on right, Step left toe behind (&), Step on right
- 5 6 Step left foot out to left diagonal, Step right foot out to right diagonal
- 7 8 Step left foot back, Step right foot back

Section 3: (17-24) Cross unwind full spin, Prissy walks, Back & heel dig X 2

- 12 Cross left foot over right, unwind a full spin over the right shoulder (keep your weight on the right toe)
- 34 Step forward on the left, Step right foot in front of left
- 56 Step back on the left foot, Heel dig with right heel (lean your body back a bit as you dig the heel)
- 78 Step back on the right foot, Heel dig with the left heel (lean your body back a bit as you dig the heel)

Section 4: (25-32) Step & point X 2, Heel bounces X 4

- 12 Step forward on the left foot, Point right toe out to right side
- 34 Step forward on the right, Point left toe out to left side
- 5678 Bring the left foot back beside the right (Bounce on the right foot as you bring the left back, this is count 5) then do a further 3 bounces with the heels together.

REPEAT

The dance ends facing the back wall so dance up to the 4th heel bounce at the end of section 4 and then bring the right foot diagonally across, making a turn over the left shoulder to face the front, point your right toe out to right side and throwing your hands down towards the floor to end the dance on the last beat.

ENJOY!