

Tik Tok Banana

COPPERKNOB
BY STEPHEN

拍数: 48 墙数: 1 级数: Phrased Improver
编舞者: Joran van der Noll (NL) - June 2020
音乐: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



A B sequence: A32 – A32 – A12 – B16 – B16 – B16 – B16 – B4 – A32 – A32 – A12 – B16 – B16 – B16 – B16 – B4

Part A: 32 counts

Step and bounce R-L, step touch back, side and cross

& Rf step diagonal right
1 Lf step next to Rf, knees slightly bend
& stretch legs
2 bend knees
& Lf step diagonal left
3 Rf step next to Lf, knees slightly bend
& stretch legs
4 bend knees
& Rf step back in right diagonal
5 Lf touch next to Rf
& Lf step back in left diagonal
6 Rf touch next to Lf
7 Rf step right
& Lf step next to Rf
8 Rf cross over Lf

Side rock and cross L-R, leg lift 5x, flick R

9 Lf side rock left
& Rf weight Rf
10 Lf cross over Rf
11 Rf side rock right
& Lf weight Rf
12 Rf cross over Lf
13 Lf lift L
14 Lf step together, Rf lift R
15 Rf step together, Lf lift L
& Lf step together, Rf lift R
16 Rf step together, Lf lift L
& Lf step together, Rf flick, turn 1/8 left (10:30)

½ turn L, shuffle ½ turn L, step touch back, sailor cross with ½ turn left

17 Rf step forward
18 Lf ½ turn left, step forward (4:30)
19 Rf ¼ turn left, step right (1:30)
& Lf cross over Rf
20 Rf ¼ turn left, step back (facing 10:30)
& Lf step back
21 Rf touch forward
& Rf step back
22 Lf touch forward, start sweep
& Lf 3/8 turn left (6:00)
23 Lf cross behind Rf

& Rf step right
24 Lf cross over Rf

Paddle turn back R 4x, sailor step, sailor cross

25 Rf touch right, straight leg
26 Lf ¼ turn right (9:00) Rf touch right, straight leg
27 Lf ⅛ turn right (10:30) Rf touch right, straight leg
28 Lf ⅛ turn right (12:00) Rf touch right, straight leg
29 Lf cross behind Rf
& Rf step right
30 LF step left
31 Rf cross behind LF
& Lf step right
32 Rf cross over Lf

Part B: 16 counts

Out-out arm circle and head , out-out wih arm movements

1 Lf step left, R elbow right
2 Rf step right, L elbow left
3 start arm circle to, left-up, end arm cirle, right-down
4 look up and down
5 Rf step out right, reach left arm forward and hold, bump quickly right fist on your chest
6 Lf step out left, reach left arm forward and hold, bump quickly right fist on your chest
7 Rf step out right, reach left arm forward and hold, bump quickly right fist on your chest
8 Lf step out left, reach left arm forward and hold, bump quickly right fist on your chest

Out-Out with arm movements, Paddle turn R 4x and arm swings

9 Rf step out right, reach left arm forward and hold, bump quickly right fist on your chest
10 Lf step out left, reach left arm forward and hold, bump quickly right fist on your chest
11 Rf step out right, reach left arm forward and hold, bump quickly right fist on your chest
12 Lf step out left, reach left arm forward and hold, bump quickly right fist on your chest
& Lf ⅛ turn left
13 Rf touch right, straight leg, swing underarms to right
& Lf ⅛ turn left, swing underarms to left
14 Rf touch right, straight leg, swing underarms to right
& Lf ⅛ turn left, swing underarms to left
15 Rf touch right, straight leg, swing underarms to right
& Lf ⅛ turn left, swing underarms to left
16 Rf step right, swing underarms to right

Enjoy my dance!!!

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