

Banana

COPPER KNOB
STYLEDANCE

拍数: 144 墙数: 2 级数: Intermediate
编舞者: Novan Angga Yudha - June 2020
音乐: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



No Tags, No Restarts – Start After 16 Counts

S1 – Big Side Step – Back Rock-Recover – Forward – Touch – Back – Touch – Big Side Step – Back Rock-Recover – Forward – Touch – Back – Touch (12.00)

- 1 Big Step R to right (1)
2&3& Rock L Back (2) – Recover onto R (&) – Step L forward opening body up to 1.00 (3) – Touch R next to L (&)
4&5 Step R back (4) – Touch L next to R (&) – Big Step L to left (5)
6&7& Rock R back (6) – Recover onto L (&) – Step R forward opening body up to 11.00 (7) – Touch L beside R (&)
8& Step L back (8) – Touch R beside L (&) (12.00)

S2 – 1/8 Left Turn - Side-Behind-Side – 1/4 Right Turn - Side-behind-Side – 1/8 Left Turn - Side Weave – Back with a sweep – Back with a sweep (12.00)

- 1-2& Turn 1/8 to left to face 10.30 stepping R to right (1) – Step L behind R (2) – Step R to right (&)
3-4& Turn 1/4 to right to face 1.30 stepping L to left (3) - Step R behind L (4) – Step L to left (&)
5&6& Turn 1/8 to left to square up to 12.00 stepping R to right (5) - Cross L behind R (&) - Step R to right (6) – Cross L over R (&)
7-8 Step R back sweeping L from front to back (7) - Step L back sweeping R from front to back (8) (12.00)

S3 - Anchor Steps – Heel Forward Out Out – Back In In – Side Out Out – Touch

- 1&2 Rock R back (1) – Recover onto L (&) – Recover onto R – (2)
3&4 Rock L Back (3) – Recover onto R (&) – Recover onto L (4)
5&6& Step R heel out forward right (5) – Step L heel out forward left (&) – Step R back in place (6) – Step L together (&)
7&8 Step R out to right (7) – Step L out to left (&) – Touch R next to L (12.00)

S4 - Forward Right Rolling Vine – Coaster Cross – 1/4 Diamond

- 1&2 Step R forward (1) - Turn 1/2 to right stepping L back (&) – Step R back (2) – (6.00)
3&4 Step L back (3) – Step R together (&) – Cross L over R (4) – (7.30)
5&6& Step R forward (5) – Step L forward (&) – Turn 1/8 to left to face 6.00 stepping R to right (6) – Turn 1/8 to left to face 4.30 hitching L (&)
7&8 Step L back (7) – Step R back (&) – Turn 1/8 to left to face 3.00 stepping L to left (8) (03.00)

S5 - Cuban Right Chasse – Touch – Cuban Left Chasse – Touch – Cuban Rumba Step (3.00)

- 1&2& With slightly bent knees, step R to right (1) – Step ball of L together (&) – Step R to right (2) – Touch L next to R (&)
3&4& With slightly bent knees, step L to left (3) – Step ball of R together (&) – Step L to left (4) – Touch R next to L (&)
5-6 Press ball of R to right (5) – Step R together (6)
7-8 Press ball of L to left (7) – Step L together (8) (03.00)

S6 - Tap – Tap – Together – Tap – Tap – Together – Side Rock with Hip Roll-Recover with 1/4 Left Turn 3x – Side Point

- 1&2 Tap R toe forward (1) – Tap R toe forward right diagonal (&) – Step R Together (2)
3&4 Tap L toe forward (3) – Tap L toe forward left diagonal (&) – Step L Together (4)

- 5& Push hips to right to begin a counter clockwise hip roll as you Rock R out to right(5) – Complete the hip roll as you Recover onto L and Turning 1/4 to left (12.00) – (&)
- 6& Repeat 5& ending facing 09.00
- 7& Repeat 5& ending facing 06.00
- 8 Point R out to right (06.00)

S7 - Jump – Touch – Jump – Touch – Jump – Touch – Jump – Touch – Out-Together – Reverse Body Roll – Back Diagonal with Shoulder Roll – Back Diagonal with Shoulder Roll

- &1&2 Slightly jump to right on R (&) – Touch L next to R (1) – Slightly jump to left on L(&) – Touch R next to L (2)
- &3&4 Slight jump forward stepping on R (&) – Touch L next to R (3) – Slightly jump back stepping on L (&) – Touch R next to L (4)
- &5&6 Slightly jump to right on R (&) – Step L together standing straight (5) - bend both knees and begin to do a reverse body Roll from pelvis (&) to chest (6)
- 7-8 Step R back right diagonal rolling R shoulder from front to back (7) – Step L back to left diagonal rolling L shoulder from front to back (8) (06.00)

S8 - Flick – Touch – Flick – Side – Flick – Side – Flick – Side – Body Isolation

- 1&2& Open body up to 4.30 and flick R back (1) – Touch R to right (&) – Flick R back (2) – Step R to right opening body up to 7.30 (&)
- 3&4& Flick L back (3) – Step L to left, body facing 4.30 (&) – Flick R back (4) – Step R to right, body facing 7.30 (Weight on R) (&)
- 5&6& Push R shoulder to right (5) – Push L shoulder to left (&) – Bend knees (drop)and push R shoulder to right (6) – Push L shoulder to left (&)
- 7&8 Stand up straight putting weight on R and push R shoulder to right (7) – Push L Shoulder to left (&) – Push R shoulder to right (8) (06.00)

S9 - Jump – Touch – Jump – Touch – Jump – Touch – Jump – Touch – Out-Together - Reverse Body Roll – Back Diagonal with Shoulder Roll – Back Diagonal with Shoulder Roll

- &1&2 Slightly jump to left on L (&) – Touch R next to L (1) – Slightly jump to right on R (&) – Touch L next to R (2)
- &3&4 Slightly jump forward on L (&) – Touch R next to L (3) – Slightly jump back on R (&) – Touch L next to R (4)
- &5&6 Slightly jump to left on L (&) – Step R together S(5) bending both knees and begin to do a reverse body roll from pelvis (&) to chest (6)
- 7-8 Step L back to left diagonal rolling L shoulder from front to back (7) – Step R back to right diagonal rolling R shoulder from front to back (8) (6.00)

S10 - Flick – Touch – Flick – Side – Flick – Side – Flick – Side – Body Isolation

- 1&2& Flick L back (1) – Touch L to left (&) – Flick L back (2) – Step L to left opening body up to 4.30 (&)
- 3&4& Flick R back (3) – Step R to right, body facing 7.30 (&) – Flick L back (4) – Step L to left, body facing 6.00 (&)
- 5-6 Step R forward (5) – Turn 1/2 left and roll hips counter clockwise (6)
- 7-8 Step R forward (7) – Turn 1/2 left and roll hips counter clockwise (8) (6.00)

S11 - 1/8 Left - Side-Touch – 1/4 Right – Side-Touch – 1/4 Left – Chasse-Touch – ¼ Right - Side-Touch - 1/4 Left – Side-Touch – 1/4 Right – Side-Touch – 1/4 Left – Chasse-Touch

- 1& Turn 1/8 to left (4.30) Step R to right (1) – Touch L next to R (&)
- 2& Turn 1/4 to right (7.30) Step L to left (2) – Touch R next to L (&)
- 3&4& Turn 1/4 to left (4.30) Step R to right (3) – Step L together (&) – Step R to Right (4) – Touch L next to R (&)
- 5& Turn 1/4 to right (7.30) stepping L to left (5) – Touch R next to L (&)
- 6& Turn 1/4 to left (4.30) stepping R to right (6) – Touch L next to R (&)
- 7&8& Turn 1/4 to right (7.30) stepping L to left (7) – Step R together (&) – Step L to left (8) – Touch R next to Left

S12 - Back Diagonal – Drag – Back Diagonal – Drag – Back Diagonal – Drag – Back Diagonal – Drag – Mambo – Pivot 1/4 Right Turn

- 1&2& Step R back to right diagonal (1) – Drag L towards R (&) – Step L back to left diagonal (2) – Drag R towards L (&)
- 3&4& Step R back to right diagonal (3) – Drag L towards R (&) – Step L back to left Diagonal (4) – Drag R towards L (&)
- 5&6 Rock R back (5) – Recover onto L (&) – Step R forward (6)
- 7-8 Step L forward (7) – Turn 1/4 to right with a hip roll (8) (weight on L – 9.00)

S13 : Repeat S11

S14 : Repeat S12 (12.00)

S15 : Repeat S11

S16 : Repeat S12 (03.00)

S17 : Repeat S11

S18 : Repeat S12 (06.00)

Enjoy.
