

# Banana

拍数: 32      墙数: 1      级数: Intermediate  
编舞者: Betty Dance (HK) - December 2020  
音乐: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



Intro : 16 counts

## Section 1: MAMBO FORWARD, MAMBO BACK, MAMBO LEFT, MAMBO RIGHT

1&2      Rock L forward, lift and recover weight on R, step L back in place  
3&4      Rock R back, lift and recover weight on L, step R back in place  
5&6      Rock L to left, lift and recover weight on R, step L back in place  
7&8      Rock R to right, lift and recover weight on L, step R back in place

## Section 2: (POINT, HITCH, POINT, HITCH)x2

1-2      Point L to L side, hitch L  
3-4      Point R to R side, hitch R  
5-6      Point L to L side, hitch L  
7-8      Point R to R side, hitch R

## Section 3: STEP L L, R R, L R L R

1-2      Step L to L side twice  
3-4      Step R to R side twice  
5-6      Step L to L side, step R to R side  
7-8      Step L to L side, step R to R side

## Section 4: (CROSS, CROSS, CHASSE STEPS)x2

1-2      Cross L in front of R, cross R over L  
3&4      Step L to L side, Step R next to L, Step L to L side  
5-6      Cross R in front of L, cross L over R  
7&8      Step R to R side, Step L next to R, Step R to R side

## TAG:

Running man steps (8x2)

Floss dance (8x16)

## Sequence

A. Section 1-4 twice  
B. Running man steps  
C. Floss  
Repeat A-C

Please watch my dance demo cum tutorial video for hand styling and practice!

Let's be happy & dance in the sun!

Enjoy Dancing with Betty!