

Banana

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sri Andayani (INA) - February 2021
音乐: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



Intro - 16 count

I Shuffle diagonal forward (R) - (L), Mambo cross (R)

1 & 2 step R diagonal forward, step L next to R, Step R forward
3 & 4 step L diagonal forward, step R next to L, step L forward
5 & 6 Step R to side, cross R forward over L step R to side
7 & 8 Step R to side , cross R forward over L, step R to side

II Chasse (R) - (L), sailor - turn ¼ kick ball touch

1 & 2 step R to side, step L next to R , step R to side
3 & 4 step L to side , step R next to L , step L to side
5 & 6 cross L behind R, step R to side L, step L to side
7 & 8 Turn ¼ (09.00) kick R forward, step R in place

III Shuffle Forward (R) - (L) , touch side, knee pop, touch side point twist

1 & 2 step R forward, step L next to R, step R forward
3 & 4 step L forward, step R next to L, step L forward
5 & 6 step touch R to side, knee pop, step touch R to side
7 & 8 hip twist, twist, twist

IV Touch heel, forward pivot ½ turn left, touch side turn ¼ to left 2X

1 2 touch heel 2x
3 4 step R forward, ½ turn left stepping L in place (03.00)
5 6 Step touch to side R, ¼ turn left, stepping L in place (12.00) , Step touch to side R,¼ turn left, stepping L in place (09.00)
7 8 step touch to side R , Step R beside L (Together)

No Restart.....No Tags
N'joy Dance And Always Happy

Contact: Sri Andayani On Facebook Or Ayoeksri @Gmail.Com