

# Banister

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Mercè ORRIOLS (ES) - October 2021  
音乐: Out of Her Mind - Will Banister



Start with the lyrics (38 counts)

## Sect. 1 - R SHUFFLE FORWARD, L ROCK FWD, L SHUFFLE BACK, R ROCK BACK

1&2      Right shuffle forward  
3-4      Left rock forward, recover on right  
5&6      Left shuffle back  
7-8      Rock right back, recover to left

## Sect. 2 - STEP R, TURN ¼ LEFT, STOMP (R&L), R HEEL, TOGETHER, L HEEL, L HOOK

1-2      Step right forward, turn ¼ left (weight on left) (9:00)  
3-4      Stomp right, stomp left together  
5-6      Right heel forward, step right together  
7-8      Left heel forward, hook left behind

## Sect. 3 - L CHASSÉ, R ROCK BACK, R STEP ½ TURN LEFT (X2)

1&2      Step left side, step right together, step left side  
3-4      Rock right back, recover on left  
5-6      Step right forward, turn ½ left (3:00)  
7-8      Step right forward, turn ½ left (9:00)

## Sect. 4 - R GRAPEVINE and cross, R ROCK ¼ TURN R, ¼ TURN R & STEP R, L STOMP

1-2      Step right side, cross left behind  
3-4      Step right side, cross left over  
5-6      Turn ¼ right and rock right forward, recover on left  
7-8      Turn ¼ right and step right, stomp left together (3:00)

**\*Add the tag on the 2nd wall and then restart**

## Sect. 5 - KICK R & L, SCOOT BACK on L, R ROCK BACK, STOMP (R & L)

1&2      Kick right forward, step right and kick left forward  
&3-4      Hook right behind scoot back on left twice  
5-6      Rock right back, recover on left  
7-8      Stomp right together, stomp left together

## Sect. 6 - R JAZZ BOX & CROSS, R SIDE ROCK, R STOMP, HOLD

1-2      Cross right over left, step left diagonally back  
3-4      Step right side, cross left over  
5-6      Rock right side, recover on left  
7-8      Stomp right together, hold

**\*Restart here on the 6th wall (6:00)**

## Sect. 7 - R KICK DIAGONALLY (X2), L SCOOT DIAG. BACK ON R, L ROCK BACK, L STOMP, R SCUFF (This section facing 4:30)

1-2      Kick right diagonally forward twice (optional jump on left)  
3-4      Cross right over and scoot diagonally back on right twice (hook left)  
5-6      Rock left diagonally back (kick right forward), recover on right  
7-8      Stomp left forward, scuff right forward

## Sect. 8 - RIGHT K - STEP

- 1-2 Step right diagonally forward, stomp up left together
- 3-4 Step left diagonally back, stomp up right together
- 5-6 Step right diagonally back, stomp up left together
- 7-8 Step left diagonally forward, scuff right forward

**Start again**

**RESTARTS -**

**\*2nd wall - Dance 32 counts + tag + restart (6:00)**

**\*6th wall - Dance 48 counts + restart (6:00)**

**TAGS (6 counts)**

**On the 2nd wall (instrumental), after 4th section (32 counts) (6:00)**

**At the end of the 4th wall (instrumental) (12:00)**

**RIGHT & LEFT HEEL SWITCHES, STOMP UP (X2)**

- 1-2 Right heel forward, step right together
  - 3-4 Left heel forward, step left together
  - 5-6 Stomp up right twice
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