

# Banana Pancakes

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Pat Stott (UK)  
音乐: Banana Pancakes - Jack Johnson



## **SIDE, BEHIND, HEEL, STEP, CROSS, SIDE, HOLD, BALL CROSS, SIDE**

1-2            Step right to right, cross left behind right  
3&4           Tap right heel forward, step onto ball of right, cross left over right  
5-6           Step right to right, hold  
&7-8          Step left beside right on ball of foot, cross right over left, step left to left

## **WEAVE, HOLD, ½ TURN, CROSS, RECOVER**

1-4            Cross right behind left, left to left, cross right over left, hold  
5-6           Turn ¼ to right stepping back on left, turn ¼ to right stepping right to right  
7-8            Cross left over right, recover on right

## **CHASSE LEFT, CROSS, RECOVER, CHASSE TURNING ½ RIGHT, CHASSE LEFT**

1&2            Step left to left, close right to left, step left to left  
3-4            Cross right over left, recover on left  
5&6           Turning ½ to right - step - right, left right  
7&8            Step left to left, close right to left, step left to left

## **ROCK BACK, RECOVER, KICK BALL CROSS, VINE WITH ¼ TURN RIGHT, STEP FORWARD**

1-2            Rock back on right, recover forward on left  
3&4            Kick right diagonally forward, step on ball of right, cross left over right  
5-8            Step right to right, cross left behind right, turn ¼ to right and step forward, step forward on left

## **STEP, HOLD, ½ PIVOT, HOLD, FULL TURN, SHUFFLE FORWARD**

1-2            Step forward on right, hold  
3-4            ½ pivot left transferring weight to left  
5-6            Turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left  
7&8            Step forward on right, close left to right, step forward on right

## **ROCKING CHAIR, ½ TURN, KICK, ROCK BACK, RECOVER**

1-4            Rock forward on left, recover on right, rock back on left, recover forward on right  
5-6            Step forward on left, pivot on left foot turning ½ to right and kick right forward  
7-8            Rock back on right, recover forward on left

## **CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER**

1&2            Step right to right, close left to right, step right to right  
3-4            Rock back on left, recover forward on right  
5&6            Step left to left, close right to left, step left to left  
7-8            Rock back on right, recover on left

## **DIAGONAL LOCK FORWARD, SCUFF, DIAGONAL LOCK FORWARD, SCUFF**

1-4            Step right diagonally forward, cross left behind right, step right diagonally forward, scuff left heel  
5-8            Step left diagonally forward, cross right behind left, step left diagonally forward, scuff right heel

**REPEAT**

