

Banana Coco

拍数: 32 墙数: 4 级数: Improver
编舞者: Karen Tripp (CAN) - February 2013
音乐: Banana Coco (Video Version) - Liza Da Costa : (Album: Maybe)



Wait 8 beats, Start on lyrics

[1-8] HEEL-STEP-CROSS, SIDE-TAP-TAP (ALL 2X, RIGHT THEN LEFT)

- 1&2 Put right heel diagonally out in front (no wt) (1), return right foot and step (wt) (&), cross left over right (2)
3&4 Big step side right (3), tap ball of left twice next to right (&4)
5-8 Repeat steps 1-4 with opposite footwork

[9-16] SYNCOPATED OUT-OUT-IN-IN 2X, PRISSY WALK 2, PADDLE TURN ¼ LEFT WITH HIP ROLL

- &9&10 Step right to diagonal right, step left apart from right, step right back (home position), close left to right
&11&12 Step right to diagonal right, step left apart from right, step right back (home position), close left to right
13-14 Walk forward stepping right directly in front of left, then left in front of right
15-16 Step forward on right, turn ¼ left and step left (styling: right hip roll as you turn left)

[17-24] ROCK FORWARD, RECOVER, BACK CHA CHA, ROCK BACK, RECOVER, FORWARD CHA CHA

- 17-18 Rock forward on right, recover back on left
19&20 Cha cha back right, left, right
21-22 Rock back on left, recover forward on right
23&24 Cha cha forward left, right, left

[25-32] ROCK SIDE, RECOVER, CROSS CHA CHA, ROCK SIDE, RECOVER, CROSS CHA CHA

- 25-26 Rock side to the right, recover on left
27&28 Cross right over left, step left, cross right
29-30 Rock side to the left, recover on the right
31&32 Cross left over right, step right, cross left

TAG 1 - At the end of wall 4 after doing the routine one time through to each wall, facing 12:00

[1-8] ONE SLOW OUT-OUT-IN-IN, 2 SYNCOPATED OUT-OUT-IN-INS

- 1-4 Step right to diagonal right, step left apart from right, step right back (home position), close left to right
&5&6 Step right to diagonal right, step left apart from right, step right back (home position), close left to right
&7&8 Repeat above steps &5&6

Easier option: Do 4 slow Side Touches and shimmy shoulders

TAG 2 - On wall 6 (starting at 9:00) dance 16 counts, ending facing 6:00. Add this tag, then Restart.

[1-4] CROSS AND UNWIND LEFT ¾

- 1-4 Cross right over left, slowly unwind ¾ over 3 beats to end facing 9:00 (and restart)

Ending: Music fades when facing 12:00 on counts 13 and 14 (Prissy Walks).

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