

Banana Pancakes

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 2 级数: High Improver / Intermediate
编舞者: Alan Spence (UK) - February 2014
音乐: Banana Pancakes - Billy Currington : (CD: We Are Tonight)



Intro 48 Count (Start after the word Baby) 28 seconds - BPM 114 - No Tags or Restarts

Side Behind and Cross x2, Side Rock

1 2 & 3 Step Right to Right Side, Step Left Behind Right, Step Right to Right Side, Cross Left Over Right,
4 5 & 6 Step Right to Right Side, Step Left behind Right , Step Right to Right Side , Cross Left Over Right,
7 8 Rock Right to Right Side, Recover on Left

Cross Shuffle, 1/4 Turn Shuffle, Touch Back 1/2 Turn, Walk x2

1 & 2 Cross Right Over Left, Step Left to Left Side , Cross Right Over Left,
3 & 4 Make 1/4 Turn Right Stepping back on Left, Step Right Beside Left, Step back Left,
5 6 Touch Right Toe Back, Make Half Turn Right, (Weight on Right)
7 8 Walk Forward Left Right

Cross Rock and Cross Shuffle, Side Rock, 1/4 Turn Sailor Cross

1 2 Cross Rock Left Over Right, Recover on Right
&3&4 Step Left beside Right, Cross Right Over Left, Step Left to Left Side, Cross Right Over left
5 6 Rock Left to Left Side, Recover on Right
7 & 8 Making 1/4 Turn Left Sweep Left Behind Right, Step Right to Right Side, Cross Left Over Right,

Side Rock , Syncopated Jazz Box, Touch Sway

1 2 Rock Right to Right Side, Recover on Left
3 4 Cross Right over Left, Step Back on Left
&5 6 Step Right Beside Left, Cross Left Over Right, Step Right to Right Side
7 8 Touch Left Beside Right , Sway Left Stepping Left to Left Side

Start Again and Enjoy

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