

Banana Cha Cha

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 2 級數: Beginner
編舞者: Pooi Kuan (MY) - August 2019
音樂: Banana Cha Cha - MOMOLAND



Dance starts after 16 counts
Start on word "Banana cha cha....."

Section 1: Rock Back Recover, Forward Shuffle, Rock Forward Recover, Back Shuffle

1 2 3& 4 Rock RF Back, Recover, Forward Shuffle on RF,LF,RF
5 6 7& 8 Rock LF Forward, Recover, Backward Shuffle on LF,RF,LF

Section 2: Side Step Touch, Change Weight, Hold, Step Touch

1 2 3 4 Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF
5 6 7 8 Change weight to RF, Hold, Step LF to L, Touch RF next to LF

Section 3: Paddle 1/4Turn, Knee Pop

1 2 3&4& Step RF Forward, 1/4L Turn, Step in place on RF,LF,RF.LF
5 6 7&8& Step RF Forward, 1/4L Turn, Step in place on RF,LF,RF.LF

Easy Option

1 2 3 4 Step RF Forward, 1/4L Turn, Step in place on RF,LF
5 6 7 8 Step RF Forward, 1/4L Turn, Step in place on RF,LF

Section 4: Rocking Chair, Forward Kick, Hold, Kick & Kick

1 2 3 4 Rock RF Forward, Recover on LF, Rock RF Back, Recover on LF
5 6 7 8 Kick RF Forward, Hold, Kick Forward Twice

No Tag No Restart

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