

# Banana

拍數: 32      牆數: 2      級數: High Improver  
編舞者: Adelaine Ade (INA) - May 2020  
音樂: Banana (feat. Shaggy) - Conkarah



Intro : 16 Count

Restart on wall 7 after 16 count (12:00)

## I: Mambo Step, Spot Turn L, Behind Side Cross

1&2      Step Forward RF, Recover On LF, Step Back  
3&4      Step Back LF, Recover On RF, Step Forward  
5&6      1/2 Turn L, Transfer Weight To LF, 1/2 Turn L On LF, RF Close  
7&8      LF Step Behind, RF Step To Side, LF Cross Over RF @ 12:00

## II: Mambo Cross, R & L, Turn ½ L Paddle

1&2      Step RF, Recover LF, Cross To R Side Over LF  
3&4      Step LF, Recover RF, Cross To L Side Over RF  
5&6&7&8      Turn ½ L Paddle R & R & R & Step R @ 9:00

## III: Weave, R & L

1&2&      Cross RF Over L, Step LF To Side, Cross RF Behind LF, Step LF To Side ( Push Hips )  
3&4      Cross RF Over LF, Step LF To Side, Cross RF Behind LF, Step LF To Side ( Push Hips )  
5&6&      Cross LF Over R, Step RF To Side, Cross LF Behind RF, Step RF To Side ( Push Hips )  
7&8      Cross LF Over RF, Step RF To Side, Cross LF Behind RF, Step RF To Side ( Push Hips )

## IV: Full Diamond

1&2      Cross RF Over LF, Rock LF To L Side, Recover Facing 7:30  
3&4      Cross LF Behind RF, Rock RF To R Side, Recover Facing 11:30  
5&6      Cross RF Over LF, Rock LF To L Side Recover Facing 1:30  
7&8      Cross Step LF Behind, Step RF Forward, Step LF Forward 5:30 ( Start Again By 06:00 )

Restart On Wall 7 After 16 Count (12:00)

Happy Dancing

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