

# Tik Tok Banana

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BY STEPHEN

拍數: 48      牆數: 1      級數: Phrased Improver  
編舞者: Joran van der Noll (NL) - June 2020  
音樂: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



A B sequence: A32 – A32 – A12 – B16 – B16 – B16 – B16 – B4 – A32 – A32 – A12 – B16 – B16 – B16 – B16 – B4

## Part A: 32 counts

### Step and bounce R-L, step touch back, side and cross

&            Rf step diagonal right  
1            Lf step next to Rf, knees slightly bend  
&            stretch legs  
2            bend knees  
&            Lf step diagonal left  
3            Rf step next to Lf, knees slightly bend  
&            stretch legs  
4            bend knees  
&            Rf step back in right diagonal  
5            Lf touch next to Rf  
&            Lf step back in left diagonal  
6            Rf touch next to Lf  
7            Rf step right  
&            Lf step next to Rf  
8            Rf cross over Lf

### Side rock and cross L-R, leg lift 5x, flick R

9            Lf side rock left  
&            Rf weight Rf  
10           Lf cross over Rf  
11           Rf side rock right  
&            Lf weight Rf  
12           Rf cross over Lf  
13           Lf lift L  
14           Lf step together, Rf lift R  
15           Rf step together, Lf lift L  
&            Lf step together, Rf lift R  
16           Rf step together, Lf lift L  
&            Lf step together, Rf flick, turn 1/8 left (10:30)

### ½ turn L, shuffle ½ turn L, step touch back, sailor cross with ½ turn left

17           Rf step forward  
18           Lf ½ turn left, step forward (4:30)  
19           Rf ¼ turn left, step right (1:30)  
&            Lf cross over Rf  
20           Rf ¼ turn left, step back (facing 10:30)  
&            Lf step back  
21           Rf touch forward  
&            Rf step back  
22           Lf touch forward, start sweep  
&            Lf 3/8 turn left (6:00)  
23           Lf cross behind Rf

& Rf step right  
24 Lf cross over Rf

**Paddle turn back R 4x, sailor step, sailor cross**

25 Rf touch right, straight leg  
26 Lf ¼ turn right (9:00) Rf touch right, straight leg  
27 Lf ⅛ turn right (10:30) Rf touch right, straight leg  
28 Lf ⅛ turn right (12:00) Rf touch right, straight leg  
29 Lf cross behind Rf  
& Rf step right  
30 LF step left  
31 Rf cross behind LF  
& Lf step right  
32 Rf cross over Lf

**Part B: 16 counts**

**Out-out arm circle and head , out-out wih arm movements**

1 Lf step left, R elbow right  
2 Rf step right, L elbow left  
3 start arm circle to, left-up, end arm cirle, right-down  
4 look up and down  
5 Rf step out right, reach left arm forward and hold, bump quickly right fist on your chest  
6 Lf step out left, reach left arm forward and hold, bump quickly right fist on your chest  
7 Rf step out right, reach left arm forward and hold, bump quickly right fist on your chest  
8 Lf step out left, reach left arm forward and hold, bump quickly right fist on your chest

**Out-Out with arm movements, Paddle turn R 4x and arm swings**

9 Rf step out right, reach left arm forward and hold, bump quickly right fist on your chest  
10 Lf step out left, reach left arm forward and hold, bump quickly right fist on your chest  
11 Rf step out right, reach left arm forward and hold, bump quickly right fist on your chest  
12 Lf step out left, reach left arm forward and hold, bump quickly right fist on your chest  
& Lf ⅛ turn left  
13 Rf touch right, straight leg, swing underarms to right  
& Lf ⅛ turn left, swing underarms to left  
14 Rf touch right, straight leg, swing underarms to right  
& Lf ⅛ turn left, swing underarms to left  
15 Rf touch right, straight leg, swing underarms to right  
& Lf ⅛ turn left, swing underarms to left  
16 Rf step right, swing underarms to right

**Enjoy my dance!!!**

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