

Banana Remix

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Kristiani Pangau (INA) - June 2020
音樂: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



Intro 16 counts.

Sequence: AAA* BBBB tag AAA* BBBB

(A*= Change steps. It always happen when you go from A to B)

Part A (32counts)

Sec1 Samba whisk, kick, batucada step, together

1a2 Step R to R side, rock L behind R, cross R over L
3a4 Step L to L side, rock R behind L, cross L over R
5&6 Kick R fwd, Step R back, rocking L fwd press L ball
&7& Step L back, rocking R fwd press R ball, step R back
8& Rocking L fwd press L ball, close L next to R

Sec2 Side mambo, side mambo, ¼ turn, lock, ¼ turn, lock, step lock step

1&2 Rock R to R side rolling hips anticlockwise, recover on L, step R together
3&4 Rock L to L side rolling hips clockwise, recover on R, step L together
5& ¼ turn R step R fwd, lock L behind R *
6& ¼ turn R step R fwd, lock L behind R
7&8 ¼ turn R step R fwd, lock L behind R, step R fwd

(change step occur in this section. After the left mambo, change steps with circle walk R, L, R, close L next to R finish on front wall > counts 5,6,7,8).

Sec3 Fwd mambo, hitch, back, hitch, together, side mambo x2 rolling hips

1&2 Rock L fwd, recover on R, step L back
&3&4 hitch R, step R back, hitch L, close L next to R
5&6 Rock R to R side rolling hips anticlockwise, recover on L, step R together
7&8 Rock L to L side rolling hips clockwise, recover on R, step L together

Sec4 Volta ¼ turn, volta ½ turn, fwd mambo, back mambo

1&2 ¼ turn R cross R over L, step L behind R, cross R over L
3&4 ½ turn L cross L over R, step R behind L, cross L over R
5&6 Rock R fwd, recover on L, step R back
7&8 Rock L back, recover on R, step L fwd

Part B (16counts)

Sec1 Stomp x4 with hands, side, together, side, touch, side, together, side, touch

1234 Stomp diagonal fwd R, L, R, L (for styling: L hand straightening fwd while moving R hand as if you hammering something)
5&6& Step R to R side, close L next to R, step R to R side, touch L beside R
7&8& Step L to L side, close R next to L, step L to L side, touch R beside L

Sec2 Step back diagonal, circle ¾ turn, close

1&2& Step R diagonal back, close L next to R, step R diagonal back, touch L beside R
3&4& Step L diagonal back, close R next to L, step L diagonal back, touch R beside L
5&6 Squaring ¼ R step R fwd, lock L behind R, ¼ turn R step R fwd
&7&8 Lock L behind R, ¼ turn R step R fwd, close L next to R.

(Actually, you can walk freely as long as you get the idea of walking around and finish the ¾ turn R).

Tag: 3 counts

Just hold for 3 counts and making your ownstyle.

Hope you enjoy the dance!

Contact me: kristiani.magdalena@gmail.com
