

The Banana Dance

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Adam Åstmar (SWE) - July 2020
音樂: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



Intro: 16 counts, approx. 10 seconds, starting on the first clear beat.

Sect - 1: Mambo Forward. Mambo Back. Mambo Side Right. Mambo Side Left.

- 1 & 2 (1) Rock forward on RF. (&) Recover on LF. (2) Close RF next to LF.
- 3 & 4 (3) Rock back on LF. (&) Recover on RF. (4) Close LF next to RF.
- 5 & 6 (5) Rock to the right on RF. (&) Recover on LF. (6) Close RF next to LF.
- 7 & 8 (7) Rock to the left on LF. (&) Recover on RF. (8) Close LF next to RF.

Sect - 2: V-Step. Shake Hips, R, L, R With Flick. Shake Hips L, R, L With Flick.

- 1 – 2 (1) Step out to the right diagonal on RF. (2) Step out to the left diagonal on LF.
- 3 – 4 (3) Step back on RF. (4) Close LF next to RF.
- 5 & 6 (5) Step to the right on RF bumping hips to the right. (&) Bump hips to the left. (6) Bump hips to the right flicking LF behind RF.
- 7 & 8 (7) Bump hips to the left. (&) Bump hips to the right. (8) Bump hips to the left flicking RF behind LF.

Sect - 3: Diagonal Extended Shuffle Forward R, L.

- 1 & 2 & (1) Step forward to the right diagonal on RF. (&) Close LF next to RF. (2) Step forward to the right diagonal on RF. (&) Close LF next to RF.
- 3 & 4 (3) Step forward to the right diagonal on RF. (&) Close LF next to RF. (4) Step forward to the right diagonal on RF.
- 5 & 6 & (5) Step forward to the left diagonal on LF. (&) Close RF next to LF. (6) Step forward to the left diagonal on LF. (&) Close RF next to LF.
- 7 & 8 (7) Step forward to the left diagonal on LF. (&) Close RF next to LF. (8) Step forward to the left diagonal on LF.

Optional: When doing the shuffles forward, you can push arms forward on every full count.

Example: Push (1), Push (2), Push (3), Push (4), etc.

Sect - 4: Jazz Box ¼ Cross. Out, Out x2.

- 1 – 2 (1) Cross RF over LF. (2) Turn ¼ right stepping back on LF. {3:00}
- 3 – 4 (3) Step to the right on RF. (4) Cross LF over RF.
- 5 – 6 (5) Step to the right on RF slightly bumping hips right. (6) Step to the left on LF slightly bumping hips left.
- 7 – 8 (7) Step to the right on RF slightly bumping hips right. (8) Step to the left on LF slightly bumping hips left.

Have fun!