

Banana

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Betty Dance (HK) - December 2020
音樂: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



Intro : 16 counts

Section 1: MAMBO FORWARD, MAMBO BACK, MAMBO LEFT, MAMBO RIGHT

1&2 Rock L forward, lift and recover weight on R, step L back in place
3&4 Rock R back, lift and recover weight on L, step R back in place
5&6 Rock L to left, lift and recover weight on R, step L back in place
7&8 Rock R to right, lift and recover weight on L, step R back in place

Section 2: (POINT, HITCH, POINT, HITCH)x2

1-2 Point L to L side, hitch L
3-4 Point R to R side, hitch R
5-6 Point L to L side, hitch L
7-8 Point R to R side, hitch R

Section 3: STEP L L, R R, L R L R

1-2 Step L to L side twice
3-4 Step R to R side twice
5-6 Step L to L side, step R to R side
7-8 Step L to L side, step R to R side

Section 4: (CROSS, CROSS, CHASSE STEPS)x2

1-2 Cross L in front of R, cross R over L
3&4 Step L to L side, Step R next to L, Step L to L side
5-6 Cross R in front of L, cross L over R
7&8 Step R to R side, Step L next to R, Step R to R side

TAG:

Running man steps (8x2)

Floss dance (8x16)

Sequence

A. Section 1-4 twice
B. Running man steps
C. Floss
Repeat A-C

Please watch my dance demo cum tutorial video for hand styling and practice!

Let's be happy & dance in the sun!

Enjoy Dancing with Betty!