

Banana

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Vee Trias (INA), Swesty Budianingsih (INA), Mimitha Kaeru (INA) & Roosamekto Mamek (INA) - February 2024
音樂: Banana (feat. Fik Gaza) (Remix) - Jose Chameleone



Intro: 16 count (approximately 00:11)

No Tag, No Restart

S1. ROCKING CHAIR, FORWARD LOCK SHUFFLE

1&2& Rock R forward – Recover on L – Rock R back – Recover on L (12:00)
3&4 Step R forward – Lock L behind R – Step R forward
5&6& Rock L forward – Recover on R – Rock L back – Recover on R
7&8 Step L forward – Lock R behind L – Step L forward

S2. DIAMOND SHAPE TURN 1/4 RIGHT, MAMBO CROSS

1&2& Cross R over L – Turn 1/8 right step L to side – Step R back – Hitch L knee up (1:30)
3&4 Step L back – Turn 1/8 right step R to side – Step L forward (3:00)
5&6 Rock R to side – Recover on L – Cross R over L
7&8 Rock L to side – Recover on R – Cross L over R

S3. SIDE ROCK, TOGETHER, ANCHOR STEP

1-2& Rock R to side – Recover on L – Step R together (3:00)
3-4& Rock L to side – Recover on R – Step L together
5&6 Rock R behind L – Recover on L – Step R in place
7&8 Rock L behind R – Recover on R – Step L in place

S4. SIDE, HITCH, SCISSOR STEP, MODIFIED UNWIND TURN 1/2 LEFT, RUN BACK, TOGETHER

1&2& Step R to side – Hitch L knee up – Step L to side – Hitch R knee up (3:00)
3&4 Step R to side – Step L together – Cross R over L
5-6 Turn ¼ left by lift and drop both heel – Turn ¼ left by lift and drop both heel (weight on R) (9:00)
7&8 Step L back – Step R back – Step L together (9:00)

Option, as you Hitch L knee up, slap thigh with R hand, as you Hitch R knee up, slap thigh with L hand

REPEAT

For more info about step sheet & song, please contact:

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