

La Banana

拍數: 32 牆數: 4 級數:
編舞者: Ng Song Hian (SG)
音樂: La Banana - Ritmo Fatal



TOUCH TOE, SIDE, COASTER STEP, TOUCH TOE, SIDE, COASTER

1-2 Touch left toe next to right foot, touch left toe to side
3&4 Step back left, step right beside left, step forward left (coaster step)
5-6 Touch right toe next to left, touch right toe to side
7&8 Step back right, step left beside right, step forward right (coaster step)

PIVOT ½ RIGHT, FORWARD SHUFFLE, ROCK, RECOVER, SIDE SHUFFLE

1-2 Step left forward, pivot ½ turn right
3&4 Shuffle forward left, right, left
5-6 Rock right to side, recover on left
7&8 Cross shuffle to left on right, left, right

ROCK, RECOVER, SHUFFLE, FORWARD ¾ LEFT, SHUFFLE FORWARD

1-2 Rock left to side, recover on right
3&4 Cross shuffle to right on left, right, left
5-6 Step right forward, ¾ turn left
7&8 Shuffle to right on right, left, right

CROSS ROCK, STEP BACK, BACK SHUFFLE, CROSS RIGHT, SIDE LEFT, SHUFFLE FORWARD

1-2 Cross rock left over right, step back on right
3&4 Shuffle back on left, right, left
5-6 Cross step right behind left, step left to left
7&8 Shuffle forward on right, left, right

REPEAT
