Banana Pancakes

拍數: 64 **牆數:** 4 **級數:** Intermediate

編舞者: Pat Stott (UK)

音樂: Banana Pancakes - Jack Johnson

SIDE, BEHIND, HEEL, STEP, CROSS, SIDE, HOLD, BALL CROSS, SIDE

1-2	Step right to right, cross left behind right
3&4	Tap right heel forward, step onto ball of right, cross left over right
5-6	Step right to right, hold
&7-8	Step left beside right on ball of foot, cross right over left, step left to left

WEAVE, HOLD, ½ TURN, CROSS, RECOVER

1-4	Cross right behind left, left to left, cross right over left, hold
5-6	Turn ¼ to right stepping back on left, turn ¼ to right stepping right to right
7-8	Cross left over right, recover on right

CHASSE LEFT, CROSS, RECOVER, CHASSE TURNING ½ RIGHT, CHASSE LEFT

1&2	Step left to left, close right to left, step left to left
3-4	Cross right over left, recover on left
5&6	Turning ½ to right - step - right, left right
7&8	Step left to left, close right to left, step left to left

ROCK BACK, RECOVER, KICK BALL CROSS, VINE WITH ¼ TURN RIGHT, STEP FORWARD

1-2	Rock back on right, recover forward on left
3&4	Kick right diagonally forward, step on ball of right, cross left over right
5-8	Step right to right, cross left behind right, turn ¼ to right and step forward, step forward on left

STEP, HOLD, ½ PIVOT, HOLD, FULL TURN, SHUFFLE FORWARD

1-2	Step forward on right, hold
3-4	½ pivot left transferring weight to left
5-6	Turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left
7&8	Step forward on right, close left to right, step forward on right

ROCKING CHAIR, ½ TURN, KICK, ROCK BACK, RECOVER

1-4	Rock forward on left, recover on right, rock back on left, recover forward on right
5-6	Step forward on left, pivot on left foot turning ½ to right and kick right forward
7-8	Rock back on right, recover forward on left

CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER

1&2	Step right to right, close left to right, step right to right
3-4	Rock back on left, recover forward on right
5&6	Step left to left, close right to left, step left to left
7-8	Rock back on right, recover on left

DIAGONAL LOCK FORWARD, SCUFF, DIAGONAL LOCK FORWARD, SCUFF

1-4	Step right diagonally forward, cross left behind right, step right diagonally forward, scuff left heel
5-8	Step left diagonally forward, cross right behind left, step left diagonally forward, scuff right heel

REPEAT