

Banana Wind

拍數: 48 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Banana Wind - Jimmy Buffett



RIGHT HEEL BALL CROSS, SIDE STEP, ROCK BACK

1 Touch right heel diagonally forward
&2 Step back onto ball of right foot, cross left foot over right
3-4 Step right foot to side, rock back onto left foot

RIGHT HEEL BALL CROSS, SIDE STEP, ROCK BACK, SAILOR SHUFFLE

5 Touch right heel diagonally forward
&6 Step back onto ball of right foot, cross left foot over right
7-8 Step right foot to side, rock back onto left foot
9&10 Step right foot behind left, step left foot to side, step right foot in place

LEFT HEEL BALL CROSS, SIDE STEP, ROCK BACK

11 Touch left heel diagonally forward
&12 Step back onto ball of left foot, cross right foot over left
13-14 Step left foot to side, rock back onto right foot

LEFT HEEL BALL CROSS, SIDE STEP, ROCK BACK, SAILOR SHUFFLE

15 Touch left heel diagonally forward
&16 Step back onto ball of left foot, cross right foot over right
17-18 Step left foot to side, rock back onto right foot
19&20 Step left foot behind right, step right foot to side, step left foot in place

½ LEFT, COASTER STEP, SIDE STEP, STEP BEHIND

21 With a ¼ turn left step onto right foot
22 Spin ¼ turn left on ball of right foot - stepping backwards onto left foot
23&24 Step back onto right foot, step left foot next to right, step forward onto right foot
25-26 Step left foot to left, step right foot behind left

SIDE STEP, 4X SIDE ROCK'S, SIDE STEP, STEP BEHIND

27 Step left foot to side
28-29 Rock onto right foot, rock back onto left foot
30-31 Rock back onto right foot, rock back onto left foot
32-33 Step right foot to right, step left foot behind right

SIDE STEP, 4X SIDE ROCK'S, FULL TURN LEFT

34 Step right foot to side
35-36 Rock onto left foot, rock back onto right foot
37-38 Rock back onto left foot, rock back onto right foot
39-41 Full turn left - stepping left, right, left

STEP FORWARD, ROCK BACK, SHUFFLE FORWARD WITH ¼ LEFT, HOLD, COASTER STEP

42-43 Step forward onto right foot, rock back onto left foot
44&45 Step onto right foot, step left foot next to right, with a ¼ turn left step forward onto right foot
46 Hold
47-48 Step back onto left foot, step right foot next to left, step forward onto left foot

REPEAT

Styling note: on counts 3-4, 7-8, 11-12 and 15-16 push hips into direction of rock

Variations

- 28-29 With knees slightly bent - roll hips to the right
 - 30-31 With knees slightly bent - roll hips to the left
 - 35-36 With knees slightly bent - roll hips to the left
 - 37-38 With knees slightly bent - roll hips to the right
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