

Ban Ban Tan

拍數: 120 牆數: 1
編舞者: Kenny Teh (MY) - December 2010
音樂: Ban Ban Tan - Tong Mei Yen

級數: Phrased Intermediate



Dance starts after the first 16 counts.

Section A

1 - 4 Step fwd R at 45 deg R, Slide L next to R, Step fwd R at 45 deg R, touch L and clap
5 - 8 Step fwd L at 45 deg L, Slide R next to L, Step fwd L at 45 deg L, touch R and clap

Section B

Repeat above steps (Repeat Section A)

Section C

1 - 4 Step R back diagonally, step L beside R, Step R back diagonally, clap
5 - 8 Step L back diagonally, step R beside L, Step L back diagonally, clap

Section D

Repeat above steps (Repeat Section B)

Section E

1,2&3,4&5 Facing R diagonal touch R toe in front, clap twice for 2&, hold for 3, clap twice for 4&, hold for 5,
6&7,8 clap twice for 6&, hold for 7, clap for 8

Section F

1 - 4 Twist both heels R, twist both toes R, twist both heels R, hitch L over R
5 - 8 Twist both toes L, twist both heels L, twist both toes L, hitch R behind L

Section G

Repeat above steps (Repeat Section F)

Section H

1 - 4 Swing R hand from R to L
5 - 8 Swing L hand from L to R

Section I

Repeat Section H (But now at count 8 turn make ¼ R. 3.00)

REPEAT Section F, G, H, I (Now facing 6.00)

Tag:

1 - 2 Bend both knees and open both hands, straighten both knees and close both hands
3 - 4 Bend both knees and open both hands, straighten both knees and close both hands

Section J

1 - 4 Kick L over R, kick L to L, ¼ L turn place both feet together, bend both knees
5 - 6 Push both hands out together while pushing the butt back, bring both hands near body while bending both knees
7 - 8 Repeat 5 - 6

Section K Mirror above steps (Mirror Section J)

Section L

- 1 – 4 Step R, step I together, step R, clap
 5 – 8 Step L, step R together, step L, clap

Section M

- 1 – 4 Full right Rolling vine
 5 – 8 ¾ L rolling vine (9.00)

REPEAT Section J, K, L, M (Now facing 12.00)

Tag: Do the tag.

Section N

- 1 – 4 Push R palm out facing R diagonal twice, bring R palm to chess, hold
 5 – 8 Push R palm out facing forward twice, bring R palm to chess, hold

Section O

- 1 – 4 Place both palms together and make two small circles
 5 – 8 Open up both hands and out over the head and down to the sides

Repeat the above sequence from the beginning Section A to O one more time

Ending:

Section 1

- 1 – 4 Leaning on the L push R index finger out (L hand on L waist)
 5 – 8 Sway R palm RLRL palm facing forward

Section 2

- 1 – 4 Leaning on R bring L index finger from front towards face (R hand on R waist)
 5 – 8 Sway L palm LRLR palm facing face

Section 3

- 1 – 2 L hand bent at elbow, R hand punch to L diagonal, bring R hand back near body
 3 – 4 L hand bent at elbow, R hand punch to L diagonal, bring R hand back near body
 5 – 8 R rolling vine with a clap

Section 4

- 1 – 8 Facing up both elbow bent index fingers facing back bring both hands up then towards the front and finally down to the sides

REPEAT Section 1, 2, 3, 4

Tag: Do the tag

Repeat Section N, O

Repeat Section N, O

Repeat Section A, B, C, D E

Repeat Section E (but this time facing L diagonal)

Finally the last 7 counts:

- 1 Facing front bring up both hands bent at elbow, index fingers pointing up
 2 Drop both hands still bent at elbow index fingers facing down
 3-5 Bent body down like a robot using 4 beats while maintaining hand position of count 2
 6,7,8 Bring up the body using 3 beats while maintaining hand position of count 2

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