

Ding Ding Banan

拍數: 64 牆數: 4 級數: Novice
編舞者: Tina Upmark (SWE) - April 2012
音樂: Sean Den Första Banan - Sean Banan : (Album: Melodifestivalen 2012)



Intro: Start dance after 16 counts

Section 1: Chasse R, Rock Back, Chasse L, Rock Back

1&2 Step R to rights side, Step L next to right, Step R to right side
3 – 4 Rock L back, recover
5&6 Step L to left side, Step R next to left, Step L to left side
7 – 8 Rock R back, recover

Section 2: Step Forward, Lockstep, Lock Shuffle Forward on the diagonal x 2

1 – 2 Step R foot forward on the diagonal, lock L behind right
3&4 R Lock Shuffle forward on the diagonal, R, L, R
5 – 6 Step L foot forward on the diagonal, lock R behind left
7&8 L Lock Shuffle forward on the diagonal, L, R, L

Section 3: Heel Bounce R x 4, Heel Bounce L x 4

1 – 4 Bounce R heel forward on the diagonal x 4, (place your R hand on your forehead as If you are looking for something)
5 – 8 Bounce L heel forward on the diagonal x 4, (place your L hand on your forehead as If you are looking for something)

Section 4: Step ¼ Turn L x 2, Heel Jacks

1 – 2 Step forward R, ¼ turn L
3 – 4 Step forward R, ¼ turn L
5&6 Cross R over L, step L back, R heel forward
&7&8& Step R next to L, cross L over right, step R back, L heel forward, step L next to R

Section 5: 'V Step', Forward R, L, Back R, L x 2

1 – 2 Step R foot forward out on the diagonal, step L foot forward out on the diagonal
3 – 4 Step R foot back, close left to right
5 – 6 Step R foot forward out on the diagonal, step L foot forward out on the diagonal
7 – 8 Step R foot back, close left to right

Section 6: Step Forward, Lockstep, Lock Shuffle Forward on the diagonal x 2

1 – 2 Step R foot forward on the diagonal, lock L behind right
3&4 R Lock Shuffle forward on the diagonal, R, L, R
5 – 6 Step L foot forward on the diagonal, lock R behind left
7&8 L Lock Shuffle forward on the diagonal, L, R, L

Restart at walls 2 and 5

Section 7: Rock Forward, Shuffle ½ Turn Right, Step ¼ Turn Right, Cross Shuffle

1 – 2 Rock forward on R, recover L
3&4 Step R ¼ to right, step L next to right, step R ¼ to right
5 – 6 Step L forward, ¼ turn right
7&8 Cross L over right, step R behind left, cross L over right

Section 8: Side Rock R, Behind Side Cross, Side Rock L, Coaster Step

1 – 2 Rock R to right side, recover L
3&4 Step R foot behind left, step L to left side, cross R over L

5 – 6 Rock L to left side, recover R
7&8 Step L back, step R next to left, step L forward

Restart: 2 restart after Section 6 at wall 2 and 5 facing 3 o'clock
