

# Ban-Ka

拍數: 64      牆數: 2      級數: Phrased Improver  
編舞者: Tina Chen Sue-Huei (TW) - July 2012  
音樂: Banka (挽歌) - Teresa Teng (鄧麗君)



Sequence of dance: AA BBB(16) (Tag) AA BBB(16)(Tag)  
Danced By Tina Chen's & class 2012.06.25

(Teresa's corresponding Chinese song is "Teary Love".)

## Tag (32 counts)

- 1-4            Step R to R side, step L beside R, step R to R side, hold
- 5-8            Make a ½ turn R stepping L to L side, step R beside L, step L to L side, hold
- 9-12          Rock R fwd, recover on L, rock back on R, recover on L
- 13-16        Rock R fwd, recover on L, rock back on R, recover on L
- 17-32        Ditto as above 1-16 procedures

## A (32 counts)

### A1. SIDE CLOSE, SIDE CROSS, SIDE BACK, CROSS SIDE

- 1-4            Step R to R side, step L beside R, step R to R side, cross L over R
- 5-8            Step R to R side, step back on L, cross step R over L, step L to L side

### A2. SIDE CLOSE, SIDE CROSS, SIDE BACK, CROSS SIDE

- 1-4            Step L to L side, step R beside L, step L to L side, cross R over L
- 5-8            Step L to L side, step back on R, cross step L over R, step R to R side

### A3. RUMBA BOX FWD, CLOSE, TOUCH, RUMBA BOX BACK, CLOSE, HOLD

- 1-4            Step R to R side, step L beside R, step R fwd, touch L toes beside R
- 5-8            Step L to L side, step R beside L, step L back, hold

### A4. BACK ROCK HALF TURN, SWEEP, BACK ROCK, FWD, TOUCH

- 1-2            Rock R back, recover on L
- 3-4            Half turn L and step back on R, sweep L from front to back
- 5-6            Step L back, recover on R
- 7-8            Step L fwd, touch R beside L

## B (32 counts)

### B1. CROSS CHA CHA, HITCH, CROSS CHA CHA, HITCH

- 1-4            Cross R over L, step L to L side, cross R over L, hitch L
- 5-8            Cross L over R, step R to R side, cross L over R, hitch R

### B2. L WEAVE, SWEEP, R VINE, HOLD

- 1-4            Cross R over L, step L to L side, cross R behind L, sweep L to the back
- 5-8            Cross L behind R, step R to R side, cross L over R, hold

### B3. SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD

- 1-4            Rock R to R side, recover on L, cross step R over L, hold
- 5-8            Rock L to L side, recover on R, cross step L over R, hold

### B4. WALK FWD, HOLD, WALK FWD, HOLD, PIVOT ½ TURN L, SIDE CLOSE

- 1-4            Step R fwd, hold, step L fwd, hold
- 5-8            Pivot ½ turn L stepping R fwd, step L fwd, step R beside L, step L in place

Have fun & repeat!

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