

Banana

Count: 32

Wand: 1

Ebene: Intermediate

Choreograf/in: Betty Dance (HK) - December 2020

Musik: Banana (feat. Shaggy) (DJ Fle - Minisiren Remix) - Conkarah



Intro : 16 counts

Section 1: MAMBO FORWARD, MAMBO BACK, MAMBO LEFT, MAMBO RIGHT

- 1&2 Rock L forward, lift and recover weight on R, step L back in place
- 3&4 Rock R back, lift and recover weight on L, step R back in place
- 5&6 Rock L to left, lift and recover weight on R, step L back in place
- 7&8 Rock R to right, lift and recover weight on L, step R back in place

Section 2: (POINT, HITCH, POINT, HITCH)x2

- 1-2 Point L to L side, hitch L
- 3-4 Point R to R side, hitch R
- 5-6 Point L to L side, hitch L
- 7-8 Point R to R side, hitch R

Section 3: STEP L L, R R, L R L R

- 1-2 Step L to L side twice
- 3-4 Step R to R side twice
- 5-6 Step L to L side, step R to R side
- 7-8 Step L to L side, step R to R side

Section 4: (CROSS, CROSS, CHASSE STEPS)x2

- 1-2 Cross L in front of R, cross R over L
- 3&4 Step L to L side, Step R next to L, Step L to L side
- 5-6 Cross R in front of L, cross L over R
- 7&8 Step R to R side, Step L next to R, Step R to R side

TAG:

Running man steps (8x2)

Floss dance (8x16)

Sequence

A. Section 1-4 twice

B. Running man steps

C. Floss

Repeat A-C

Please watch my dance demo cum tutorial video for hand styling and practice!

Let's be happy & dance in the sun!

Enjoy Dancing with Betty!