

Banana Pancakes

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Pat Stott (UK)

Musik: Banana Pancakes - Jack Johnson



SIDE, BEHIND, HEEL, STEP, CROSS, SIDE, HOLD, BALL CROSS, SIDE

- 1-2 Step right to right, cross left behind right
- 3&4 Tap right heel forward, step onto ball of right, cross left over right
- 5-6 Step right to right, hold
- &7-8 Step left beside right on ball of foot, cross right over left, step left to left

WEAVE, HOLD, ½ TURN, CROSS, RECOVER

- 1-4 Cross right behind left, left to left, cross right over left, hold
- 5-6 Turn ¼ to right stepping back on left, turn ¼ to right stepping right to right
- 7-8 Cross left over right, recover on right

CHASSE LEFT, CROSS, RECOVER, CHASSE TURNING ½ RIGHT, CHASSE LEFT

- 1&2 Step left to left, close right to left, step left to left
- 3-4 Cross right over left, recover on left
- 5&6 Turning ½ to right - step - right, left right
- 7&8 Step left to left, close right to left, step left to left

ROCK BACK, RECOVER, KICK BALL CROSS, VINE WITH ¼ TURN RIGHT, STEP FORWARD

- 1-2 Rock back on right, recover forward on left
- 3&4 Kick right diagonally forward, step on ball of right, cross left over right
- 5-8 Step right to right, cross left behind right, turn ¼ to right and step forward, step forward on left

STEP, HOLD, ½ PIVOT, HOLD, FULL TURN, SHUFFLE FORWARD

- 1-2 Step forward on right, hold
- 3-4 ½ pivot left transferring weight to left
- 5-6 Turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left
- 7&8 Step forward on right, close left to right, step forward on right

ROCKING CHAIR, ½ TURN, KICK, ROCK BACK, RECOVER

- 1-4 Rock forward on left, recover on right, rock back on left, recover forward on right
- 5-6 Step forward on left, pivot on left foot turning ½ to right and kick right forward
- 7-8 Rock back on right, recover forward on left

CHASSE RIGHT, ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER

- 1&2 Step right to right, close left to right, step right to right
- 3-4 Rock back on left, recover forward on right
- 5&6 Step left to left, close right to left, step left to left
- 7-8 Rock back on right, recover on left

DIAGONAL LOCK FORWARD, SCUFF, DIAGONAL LOCK FORWARD, SCUFF

- 1-4 Step right diagonally forward, cross left behind right, step right diagonally forward, scuff left heel
- 5-8 Step left diagonally forward, cross right behind left, step left diagonally forward, scuff right heel

REPEAT

