Ban Ban Tan

Count: 120

Ebene: Phrased Intermediate



Dance starts after the first 16 counts.

Choreograf/in: Kenny Teh (MY) - December 2010 Musik: Ban Ban Tan - Tong Mei Yen

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

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Repeat above steps (Repeat Section A)
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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

Wand: 1

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

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, $\frac{1}{4}$ 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	³ / ₄ 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