

# Swingin' Banana

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Mama Mia Hammarstrand

Music: I Wanna Be Like You - Big Bad Voodoo Daddy



## KNEE TWIST, HOLD, KNEE TWIST, HOLD KNEE TWIST X 3, POINT

- 1-2 Turn right knee into left, hold, (turn body slightly to the left, right knee will be "tight" crossed over left knee)
- 3-4 Turn left knee into right, hold
- 5-6 Turn right knee into left, turn left knee into right
- 7-8 Turn right knee into left, take weight on right foot on count 7, on count 8, point left foot to left

### 1-8 moving forward

#### Hand movements:

- 1-4 Jazz hands: shake your hands at waist height, spread fingers palms facing forward
- 5-7 Click fingers and raise hands to shoulder level
- 8 Do "hands up" with spread fingers and palms facing forward

## EXTENDED CROSS SHUFFLE RIGHT, HEEL BOUNCE $\frac{3}{4}$

- 1&2 Cross left over right, step right to right, cross left over right
- &3&4 Step right to right, cross left over right, step right to right, cross left over right
- 5-8 Turn  $\frac{3}{4}$  right bouncing heels up and down, taking weight on right

### 5-6 bend knees slightly 7-8 straighten up body

#### Hand movements: 1-4 swing your right arm left, right, left, right, in front of your body, downwards

- 5-8 Shrug shoulders up and down, palms facing floor

## POINT, FLICK, BACK MAMBO, POINT, FLICK, BACK MAMBO

- 1-2 Point left toe left in a "long point" diagonal, lean upper body slightly backwards, flick left foot back to left diagonal, turning body to right diagonal
- 3&4 Rock back diagonal on left, recover on right, cross left over right (now facing right diagonal)
- 5-6 Do like counts 1-2, but start with right foot
- 7&8 Do like counts 3&4, but rock back with right foot

#### Hand movements:

- 1-2 Put your right hand upon your left, pushing palms down to left diagonal (the Charleston way)
- 5-6 Put your right hand upon your left, pushing palms down to right diagonal (the Charleston way)

## KICK, KICK, COASTER STEP, MOON WALK

- 1-2 Kick left forward, kick left too left while turning  $\frac{1}{4}$  left
- 3&4 Step back left, step right beside left, step left forward
- &5-6 Touch right beside left, drag right foot back, drag left foot back
- 7-8 Drag right foot back, drag left foot back (weight ending on left foot)

**Moon walk; while dragging right foot flat back, lift left heel, step down on left dragging left foot back lifting right heel**

## KICK, KICK, COASTER STEP, MOON WALK

- 1-2 Kick right forward, kick right too right while turning  $\frac{1}{4}$  right
- 3&4 Step back right, step left beside right, step right forward
- &5-6 Touch right beside left, drag left foot back, drag right foot back
- 7-8 Drag left foot back, drag right foot back (weight ending on right foot)

## KICK, KICK, COASTER STEP, KICK, KICK, COASTER STEP

- 1-2 Kick left forward, kick left too left, while turning  $\frac{1}{4}$  left

3&4 Step back left, step right beside left, step left forward  
5-6 Kick right forward, kick right foot right while turning  $\frac{1}{4}$ right  
7&8 Step back right, step left beside right, step right forward  
**While doing the kicks in the 3-8 above, lean upper body slightly backwards**

**SKATE, SKATE, SHUFFLE, SKATE, SKATE, SHUFFLE**

1-2 Swivel on ball of right while stepping left diagonal, swivel on ball of left while stepping right diagonal  
3&4 Step forward on left, step right next to left, step forward on left  
5-6 Swivel on ball of left while stepping right diagonal, swivel on ball of right while stepping left diagonal  
7&8 Step forward on right, step left next to right, step forward on right

**CROSS, BOUNCE  $\frac{1}{2}$  RIGHT, HEEL JACKS**

1-4 Cross left over right, bounce heels up and down turning  $\frac{1}{2}$  right  
5&6 Cross right over left, step back left, touch right heel forward  
&7&8& Step back right, cross left over right, step back right, touch left heel forward, step left beside right taking weight

**Hands movements: 1-4 shrug shoulders up and down, palms facing floor**

**REPEAT**

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