Banana

拍数: 32   **墙数:** 2   **级数:** High Improver

编舞者: Adelaine Ade (INA) - May 2020

音乐: Banana (feat. Shaggy) - Conkarah

Intro : 16 Count
Restart on wall 7 after 16 count (12:00)

I: Mambo Step, Spot Turn L, Behind Side Cross

1&2	Steep Forward RF, Recover On LF, Step Back
3&4	Steep Back LF, Recover On RF, Step Forward
5&6	1/2 Turn L, Transfer Weight To LF, 1/2Turn L On LF, RF Close
7&8	LF Step Bihind, RF Step To Side, LF Cross Over RF @ 12:00

II: Mambo Cross, R & L, Turn ½ L Paddle

1&2	Step RF, Recover LF, Cross To R Side Over LF
3&4	Step LF, Recover RF, Cross To L Side Over RF
5&6&7&8	Turn ½ L Paddle R & R & R & Step R @ 9:00

III: Weave, R & L

1&2&	Cross RF Over L, Step LF To Side, Cross RF Behind LF, Step LF To Side (Push Hips)
3&4	Cross RF Over LF, Step LF To Side, Cross RF Behind LF, Step LF To Side (Push Hips)
5&6&	Cross LF Over R, Step RF To Side, Cross LF Behind RF, Step RF To Side (Push Hips)
7&8	Cross LF Over RF, Step RF To Side, Cross LF Behind RF, Step RF To Side (Push Hips)

IV: Full Diamond

1&2	Cross RF Over LF, Rock LF To L Side, Recover Facing 7:30
3&4	Cross LF Behind RF, Rock RF To R Side, Recover Facing 11:30
5&6	Cross RF Over LF, Rock LF To L Side Recover Facing 1:30
7&8	Cross Step LF Behind, Step RF Forward, Step LF Forward 5:30 (Start Again By 06:00)

Restart On Wall 7 After 16 Count (12:00)

Happy Dancing