

Banana Pancakes

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Sophie Ruhling (FR) - May 2020
音乐: Banana Pancakes - Jack Johnson

级数: Absolute Beginner



Start after lyrics "baby" - CCW - NO TAG NO RESTART

SECT.1 : STEP R TO R SIDE, STEP L, STEP R, TOUCH L & CLAP, STEP L TO L SIDE, STEP R, STEP L, TOUCH R & CLAP

- 1-2 step R to R side, step L beside R
- 3-4 step R to R side, touch L beside R + clap
- 5-6 step L to L side, step R beside L
- 7-8 step L to L side, touch R beside L + clap

SECT.2 : K STEP WITH 1/4 TURN L & CLAPS

- 1-2 walk R to R diagonal, touch L beside R + clap
- 3-4 back L in place, touch R beside L + clap
- 5-6 back R to R diagonal, touch L beside R + clap
- 7-8 1/4 turn L walk L, touch R beside L + clap (9.00)

SECT.3 : SWIVEL BOTH HEELS TO R, SWIVELS TOES, SWIVEL HEELS, HOLD & CLAP, SWIVEL BOTH HEELS TO L, SWIVEL TOES, SWIVEL HEELS, HOLD & CLAP

- 1-2 (with weight on both toes) swivel both heels to R, (with weight on both heels) swivel both toes to R
- 3-4 (with weight on both toes) swivel both heels to R, hold & clap
- 5-6 (with weight on both toes) swivel both heels to L, (with weight on both heels) swivel both toes to L
- 7-8 (with weight on both toes) swivel both heels to center, hold & clap (weight on L)

SECT.4 : STEP 1/2 TURN L, WALK R, HOLD & CLAP, STEP 1/2 TURN R, WALK L, HOLD & CLAP

- 1-2 walk R, 1/2 turn L (weight on L) (3.00)
- 3-4 walk R, hold & clap
- 5-6 walk L, 1/2 turn R (weight on R) (9.00)
- 7-8 walk L, hold & clap

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