Ban Ban Tan



拍数: 120 墙数: 1 级数: Phrased Intermediate

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Dance starts after the first 16 counts.

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

Repeat above steps (Repeat Section A)

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

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

Section I

Repeat Section H (But now at count 8 turn make 1/4 R. 3.00)

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, ¼ 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 ¾ 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