

# Banana

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**Count:** 144

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Novan Angga Yudha (Indieliners) June 2020

**Music:** Banana (Feat Shaggy) (DJ Fle - Minisiren Remix - 3'31")

## No Tags, No Restarts - Start After 16 Counts

### S1 - Big Side Step - Back Rock-Recover - Forward - Touch - Back - Touch - Big Side Step - Back Rock-Recover - Forward - Touch - Back - Touch (12.00)

- 1** Big Step R to right (1)
- 2&3&** Rock L Back (2) - Recover onto R (&) - Step L forward opening body up to 1.00 (3) - Touch R next to L (&)
- 4&5** Step R back (4) - Touch L next to R (&) - Big Step L to left (5)
- 6&7&** Rock R back (6) - Recover onto L (&) - Step R forward opening body up to 11.00 (7) - Touch L beside R (&)
- 8&** Step L back (8) - Touch R beside L (&) (12.00)

### S2 - 1/8 Left Turn - Side-Behind-Side - 1/4 Right Turn - Side-behind-Side - 1/8 Left Turn - Side Weave - Back with a sweep - Back with a sweep (12.00)

- 1-2&** Turn 1/8 to left to face 10.30 stepping R to right (1) - Step L behind R (2) - Step R to right (&)
- 3-4&** Turn 1/4 to right to face 1.30 stepping L to left (3) - Step R behind L (4) - Step L to left (&)
- 5&6&** Turn 1/8 to left to square up to 12.00 stepping R to right (5) - Cross L behind R (&) - Step R to right (6) - Cross L over R (&)
- 7-8** Step R back sweeping L from front to back (7) - Step L back sweeping R from front to back (8) (12.00)

### S3 - Anchor Steps - Heel Forward Out Out - Back In In - Side Out Out - Touch

- 1&2** Rock R back (1) - Recover onto L (&) - Recover onto R - (2)
- 3&4** Rock L Back (3) - Recover onto R (&) - Recover onto L (4)
- 5&6&** Step R heel out forward right (5) - Step L heel out forward left (&) - Step R back in place (6) - Step L together (&)
- 7&8** Step R out to right (7) - Step L out to left (&) - Touch R next to L (12.00)

#### **S4 - Forward Right Rolling Vine - Coaster Cross - 1/4 Diamond**

- 1&2** Step R forward (1) - Turn 1/2 to right stepping L back (&) - Step R back (2) - (6.00)
- 3&4** Step L back (3) - Step R together (&) - Cross L over R (4) - (7.30)
- 5&6&** Step R forward (5) - Step L forward (&) - Turn 1/8 to left to face 6.00 stepping R to right (6) - Turn 1/8 to left to face 4.30 hitching L (&)
- 7&8** Step L back (7) - Step R back (&) - Turn 1/8 to left to face 3.00 stepping L to left (8) (03.00)

#### **S5 - Cuban Right Chasse - Touch - Cuban Left Chasse - Touch - Cuban Rumba Step (3.00)**

- 1&2&** With slightly bent knees, step R to right (1) - Step ball of L together (&) - Step R to right (2) - Touch L next to R (&)
- 3&4&** With slightly bent knees, step L to left (3) - Step ball of R together (&) - Step L to left (4) - Touch R next to L (&)
- 5-6** Press ball of R to right (5) - Step R together (6)
- 7-8** Press ball of L to left (7) - Step L together (8) (03.00)

#### **S6 - Tap - Tap - Together - Tap - Tap - Together - Side Rock with Hip Roll-Recover with 1/4 Left Turn 3x - Side Point**

- 1&2** Tap R toe forward (1) - Tap R toe forward right diagonal (&) - Step R Together (2)
- 3&4** Tap L toe forward (3) - Tap L toe forward left diagonal (&) - Step L Together (4)
- 5&** Push hips to right to begin a counter clockwise hip roll as you Rock R out to right(5) - Complete the hip roll as you Recover onto L and Turning 1/4 to left (12.00) - (&)
- 6&** Repeat 5& ending facing 09.00
- 7&** Repeat 5& ending facing 06.00
- 8** Point R out to right (06.00)

#### **S7 - Jump - Touch - Jump - Touch - Jump - Touch - Jump - Touch - Out-Together - Reverse Body Roll - Back Diagonal with Shoulder Roll - Back Diagonal with Shoulder Roll**

- &1&2** Slightly jump to right on R (&) - Touch L next to R (1) - Slightly jump to left on L(&) - Touch R next to L (2)

- &3&4** Slight jump forward stepping on R (&) - Touch L next to R (3) - Slightly jump back stepping on L (&) - Touch R next to L (4)
- &5&6** Slightly jump to right on R (&) - Step L together standing straight (5) - bend both knees and begin to do a reverse body Roll from pelvis (&) to chest (6)
- 7-8** Step R back right diagonal rolling R shoulder from front to back (7) - Step L back to left diagonal rolling L shoulder from front to back (8) (06.00)

### **S8 - Flick - Touch - Flick - Side - Flick - Side - Flick - Side - Body Isolation**

- 1&2&** Open body up to 4.30 and flick R back (1) - Touch R to right (&) - Flick R back (2) - Step R to right opening body up to 7.30 (&)
- 3&4&** Flick L back (3) - Step L to left, body facing 4.30 (&) - Flick R back (4) - Step R to right, body facing 7.30 (Weight on R) (&)
- 5&6&** Push R shoulder to right (5) - Push L shoulder to left (&) - Bend knees (drop) and push R shoulder to right (6) - Push L shoulder to left (&)
- 7&8** Stand up straight putting weight on R and push R shoulder to right (7) - Push L Shoulder to left (&) - Push R shoulder to right (8) (06.00)

### **S9 - Jump - Touch - Jump - Touch - Jump - Touch - Jump - Touch - Out-Together - Reverse Body Roll - Back Diagonal with Shoulder Roll - Back Diagonal with Shoulder Roll**

- &1&2** Slightly jump to left on L (&) - Touch R next to L (1) - Slightly jump to right on R (&) - Touch L next to R (2)
- &3&4** Slightly jump forward on L (&) - Touch R next to L (3) - Slightly jump back on R (&) - Touch L next to R (4)
- &5&6** Slightly jump to left on L (&) - Step R together S(5) bending both knees and begin to do a reverse body roll from pelvis (&) to chest (6)
- 7-8** Step L back to left diagonal rolling L shoulder from front to back (7) - Step R back to right diagonal rolling R shoulder from front to back (8) (6.00)

### **S10 - Flick - Touch - Flick - Side - Flick - Side - Flick - Side - Body Isolation**

- 1&2&** Flick L back (1) - Touch L to left (&) - Flick L back (2) - Step L to left opening body up to 4.30 (&)
- 3&4&** Flick R back (3) - Step R to right, body facing 7.30 (&) - Flick L back (4) - Step L to left, body facing 6.00 (&)

5-6 Step R forward (5) - Turn 1/2 left and roll hips counter clockwise (6)

7-8 Step R forward (7) - Turn 1/2 left and roll hips counter clockwise (8) (6.00)

**S11 - 1/8 Left - Side-Touch - 1/4 Right - Side-Touch - 1/4 Left - Chasse-Touch - 1/4 Right - Side-Touch - 1/4 Left - Side-Touch - 1/4 Right - Side-Touch - 1/4 Left - Chasse-Touch**

1& Turn 1/8 to left (4.30) Step R to right (1) - Touch L next to R (&)

2& Turn 1/4 to right (7.30) Step L to left (2) - Touch R next to L (&)

3&4& Turn 1/4 to left (4.30) Step R to right (3) - Step L together (&) - Step R to Right (4) - Touch L next to R (&)

5& Turn 1/4 to right (7.30) stepping L to left (5) - Touch R next to L (&)

6& Turn 1/4 to left (4.30) stepping R to right (6) - Touch L next to R (&)

7&8& Turn 1/4 to right (7.30) stepping L to left (7) - Step R together (&) - Step L to left (8) - Touch R next to Left

**S12 - Back Diagonal - Drag - Back Diagonal - Drag - Back Diagonal - Drag - Back Diagonal - Drag - Mambo - Pivot 1/4 Right Turn**

1&2& Step R back to right diagonal (1) - Drag L towards R (&) - Step L back to left diagonal (2) - Drag R towards L (&)

3&4& Step R back to right diagonal (3) - Drag L towards R (&) - Step L back to left Diagonal (4) - Drag R towards L (&)

5&6 Rock R back (5) - Recover onto L (&) - Step R forward (6)

7-8 Step L forward (7) - Turn 1/4 to right with a hip roll (8) (weight on L - 9.00)

**S13 : Repeat S11**

**S14 : Repeat S12 (12.00)**

**S15 : Repeat S11**

**S16 : Repeat S12 (03.00)**

**S17 : Repeat S11**

**S18 : Repeat S12 (06.00)**

**Enjoy.**

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