

# Banana Pancakes

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**Count:** 32      **Wall:** 4      **Level:** Absolute Beginner

**Choreographer:** Sophie Ruhling (France) May 2020

**Music:** Banana Pancakes by Jack Johnson - 120 bpm

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

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

**1-2**step L to L side, step R beside R

**3-4**step L to L side, touch R beside L + clap

**5-6**step R to R side, step L beside L

**7-8**step R to R side, touch L beside R + clap

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

**1-2**walk L to L diagonal, touch R beside L + clap

**3-4**back R in place, touch L beside R + clap

**5-6**back L to L diagonal, touch R beside L + clap

**7-8**1/4 turn R walk L, touch L beside R + 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**

**1-2walk R, 1/2 turn R (weight on L) (3.00)**

**3-4walk R, hold & clap**

**5-6walk L, 1/2 turn L (weight on R) (9.00)**

**7-8walk L, hold & clap**

**Association Loi 1901 (N° W953006406)**

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