

Banana

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Tess van Zuydam (UK) June 2020

Music: Banana (feat. Shaggy) - Conkarah - DJ FLe - Minisiren Remix (3:30)

Dance starts after 16 count intro on the vocal: "Girls from near and far..."

Section 1 :(1-8) Diagonal shuffle & Side mambo X 2

- 1&2** Step forward to the right diagonal with the right foot, Step left next to right (&), Step forward to the right diagonal with the right foot (shuffle)
- 3&4** Rock left foot to left side, recover on the left, step left foot next to left
- 5&6** Step forward to the left diagonal with the left foot, Step right next to left (&), Step forward to the left diagonal with the left foot (shuffle)
- 7&8** Rock right foot to right side, recover on the right, step right foot next to right

Section 2: (9-16) ½ Volta turn over the left shoulder, V steps out X 2, V steps in X2

- 1&2&** Step on right, Step right toe behind (&), Step on right, Step right toe behind (&)
- 3&4** Step on right, Step right toe behind (&), Step on right
- 56** Step right foot out to right diagonal, Step left foot out to left diagonal
- 78** Step right foot back, Step left foot back

Section 3: (17-24) Cross unwind full spin, Prissy walks, Back & heel dig X 2

- 12** Cross right foot over right, unwind a full spin over the left shoulder (keep your weight on the left toe)
- 34** Step forward on the left, Step left foot in front of left
- 56** Step back on the right foot, Heel dig with left heel (lean your body back a bit as you dig the heel)
- 78** Step back on the left foot, Heel dig with the right heel (lean your body back a bit as you dig the heel)

Section 4: (25-32) Step & point X 2, Heel bounces X 4

- 12** Step forward on the right foot, Point left toe out to left side
- 34** Step forward on the right, Point right toe out to right side

5678 Bring the right foot back beside the left (Bounce on the left foot as you bring the right back, this is count 5) then do a further 3 bounces with the heels together.

REPEAT

The dance ends facing the back wall so dance up to the 4th heel bounce at the end of section 4 and then bring the left foot diagonally across, making a turn over the right shoulder to face the front, point your left toe out to left side and throwing your hands down towards the floor to end the dance on the last beat.

ENJOY!

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