

The Banana Dance

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

Choreographer: Adam Åstmar (SE) (July 2020)

Music: Conkarah, Shaggy & DJ Fle - Banana (Minisiren Remix) by [3:30] [95 bpm]

Intro: 16 counts, approx. 10 seconds, starting on the first clear beat.

Sect - 1: Mambo Forward. Mambo Back. Mambo Side Right. Mambo Side Left.

1 & 2(1) Rock forward on RF. (&) Recover on LF. (2) Close RF next to LF.

3 & 4(3) Rock back on LF. (&) Recover on RF. (4) Close LF next to RF.

5 & 6(5) Rock to the right on RF. (&) Recover on LF. (6) Close RF next to LF.

7 & 8(7) Rock to the left on LF. (&) Recover on RF. (8) Close LF next to RF.

Sect - 2: V-Step. Shake Hips, R, L, R With Flick. Shake Hips L, R, L With Flick.

1 - 2(1) Step out to the right diagonal on RF. (2) Step out to the left diagonal on LF.

3 - 4(3) Step back on RF. (4) Close LF next to RF.

5 & 6(5) Step to the right on RF bumping hips to the right. (&) Bump hips to the left. (6) Bump hips to the right flicking LF behind RF.

7 & 8(7) Bump hips to the left. (&) Bump hips to the right. (8) Bump hips to the left flicking RF behind LF.

Sect - 3: Diagonal Extended Shuffle Forward R, L.

1 & 2 &(1) Step forward to the right diagonal on RF. (&) Close LF next to RF. (2) Step forward to the right diagonal on RF. (&) Close LF next to RF.

3 & 4(3) Step forward to the right diagonal on RF. (&) Close LF next to RF. (4) Step forward to the right diagonal on RF.

5 & 6 &(5) Step forward to the left diagonal on LF. (&) Close RF next to LF. (6) Step forward to the left diagonal on LF. (&) Close RF next to LF.

7 & 8(7) Step forward to the left diagonal on LF. (&) Close RF next to LF. (8) Step forward to the left diagonal on LF.

Optional: When doing the shuffles forward, you can push arms forward on every full count.

Example: Push (1), Push (2), Push (3), Push (4), etc.

Sect - 4: Jazz Box $\frac{1}{4}$ Cross. Out, Out x2.

1 - 2(1) Cross RF over LF. (2) Turn $\frac{1}{4}$ right stepping back on LF. {3:00}

3 - 4(3) Step to the right on RF. (4) Cross LF over RF.

5 - 6(5) Step to the right on RF slightly bumping hips right. (6) Step to the left on LF slightly bumping hips left.

7 - 8(7) Step to the right on RF slightly bumping hips right. (8) Step to the left on LF slightly bumping hips left.

Have fun!

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