



## **The Banana Dance**

Count: 32 - Wall: 4 - Level: Absolute Beginner – **No Tag – No Restart**

Choreographer: Adam Åstmar (SWE) - 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

### **Sec. 1: Mambo Forward. Mambo Back. Mambo Side Right. Mambo Side Left.**

1&2 Rock forward on RF, Recover on LF, Close RF next to LF

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

5&6 Rock to the right on RF, Recover on L, Close RF next to LF

7&8 Rock to the left on LF, Recover on RF, Close LF next to RF

### **Sec. 2: V-Step. Shake Hips, R, L, R With Flick. Shake Hips L, R, L With Flick.**

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

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

5&6 Hip bumps RLR, flicking LF behind RF

7&8 Hip bumps LRL, flicking RF behind LF

### **Sec. 3: Diagonal Extended Shuffle Forward R, L.**

1&2& RF step diagonal fwd to right, LF close next RF  
RF step fwd, LF close next RF

3&4 RF step diagonal fwd to right, LF close next RF, RF step fwd

5&6& LF step diagonal fwd to left, RF close next LF  
LF step fwd, RF close next LF

7&8 LF step diagonal fwd to left, RF close next LF  
LF step fwd

**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 1/4 R Cross. Out, Out x2.**

1-2 Cross RF over LF, Turn 1/4 right turn, stepping back on LF **{3:00}**

3-4 Step to the right on RF, Cross LF over RF

5-6 Step to the right on RF, slightly hip bumps to right  
Step to the left on LF slightly hip bumps to left

7-8 Step to the right on RF, slightly hip bumps to right  
Step to the left on LF slightly hip bumps to left

**Have fun! - No Tag – No Restart**

Quelle: <https://www.copperknob.co.uk>