

# The Banana Dance

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Absolute Beginner. Choreographed by: Adam Astmar (Sweden) July 2020 Choreographed to: Banana By Conkarah Shaggy (DJ Fee Minisiren Remix) Intro: 16 Counts on main beat. . Approx 10 secs.

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#### SEC 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.

## SEC 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 right on RF bumping hips to right. (&) Bump hips to left. (6) Bump hips to 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.

#### SEC 3 DIAGONAL EXTENDED SHUFFLE FORWARD R, L.

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

**Options** When doing the shuffles forward, you can push arms forward on every full count. Example: Push (1), Push (2), Push (3), Push (4), etc.

## SEC 4 JAZZ BOX ¼ CROSS. OUT, OUT X2.

- 1 2 (1) Cross RF over LF. (2) Turn <sup>1</sup>/<sub>4</sub> right stepping back on LF.
- 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.

