

# School Dance Styles

Association de Danse

## THE BANANA DANCE

Count : 32 Wall : 4 Level : Absolute Beginner

Choreographer : Adam Astmar (07/2020)

Music : Banana by Conkarah Shaggy & DJ Fle

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 Rock forward on RF. (&) Recover on LF. (2) Close RF next to LF.
- 3 & 4 Rock back on LF. (&) Recover on RF. (4) Close LF next to RF.
- 5 & 6 Rock to the right on RF. (&) Recover on LF. (6) Close RF next to LF.
- 7 & 8 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 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 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 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 & 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 Step forward to the right diagonal on RF. (&) Close LF next to RF. (4) Step forward to the right diagonal on RF.
- 5 & 6 & 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 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 ¼ Cross. Out, Out x2.**

- 1 - 2 Cross RF over LF. (2) Turn ¼ right stepping back on LF. {3:00}
- 3 - 4 Step to the right on RF. (4) Cross LF over RF.
- 5 - 6 Step to the right on RF slightly bumping hips right. (6) Step to the left on LF slightly bumping hips left.
- 7 - 8 Step to the right on RF slightly bumping hips right. (8) Step to the left on LF slightly bumping hips left.

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