## The Banana Dance

Count: 32
Wall: 4
Level: Absolute Beginner
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.

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

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 <br> 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 <br> 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 <br> diagonal on LF. (\&) Close RF next to LF. <br> (7) Step forward to the left diagonal on LF. (\&) Close RF next to LF. (8) Step forward to the left <br> 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 $1 / 4$ Cross. Out, Out x2.
$1-2 \quad$ (1) Cross RF over LF. (2) Turn $1 / 4$ right stepping back on LF. $\{3: 00\}$
3-4
(3) Step to the right on RF. (4) Cross LF over RF.
$5-6 \quad$ (5) Step to the right on RF slightly bumping hips right. (6) Step to the left on LF slightly bumping hips left.
$7-8 \quad$ (7) Step to the right on RF slightly bumping hips right. (8) Step to the left on LF slightly bumping hips left.

## Have fun!

