

BANANA WIND

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Count: 48

Wall: 4

Level: intermediate

Choreographer: William Sevone

Music: Banana Wind by Jimmy Buffett

RIGHT HEEL BALL CROSS, SIDE STEP, ROCK BACK

- 1** Touch right heel diagonally forward
- &2** Step back onto ball of right foot, cross left foot over right
- 3-4** Step right foot to side, rock back onto left foot

RIGHT HEEL BALL CROSS, SIDE STEP, ROCK BACK, SAILOR SHUFFLE

- 5** Touch right heel diagonally forward
- &6** Step back onto ball of right foot, cross left foot over right
- 7-8** Step right foot to side, rock back onto left foot
- 9&10** Step right foot behind left, step left foot to side, step right foot in place

LEFT HEEL BALL CROSS, SIDE STEP, ROCK BACK

- 11** Touch left heel diagonally forward
- &12** Step back onto ball of left foot, cross right foot over left
- 13-14** Step left foot to side, rock back onto right foot

LEFT HEEL BALL CROSS, SIDE STEP, ROCK BACK, SAILOR SHUFFLE

- 15** Touch left heel diagonally forward
- &16** Step back onto ball of left foot, cross right foot over right
- 17-18** Step left foot to side, rock back onto right foot
- 19&20** Step left foot behind right, step right foot to side, step left foot in place

½ LEFT, COASTER STEP, SIDE STEP, STEP BEHIND

- 21** With a ¼ turn left step onto right foot
- 22** Spin ¼ turn left on ball of right foot - stepping backwards onto left foot
- 23&24** Step back onto right foot, step left foot next to right, step forward onto right foot
- 25-26** Step left foot to left, step right foot behind left

SIDE STEP, 4X SIDE ROCK'S, SIDE STEP, STEP BEHIND

- 27** Step left foot to side
- 28-29** Rock onto right foot, rock back onto left foot
- 30-31** Rock back onto right foot, rock back onto left foot
- 32-33** Step right foot to right, step left foot behind right

SIDE STEP, 4X SIDE ROCK'S, FULL TURN LEFT

- 34** Step right foot to side
- 35-36** Rock onto left foot, rock back onto right foot
- 37-38** Rock back onto left foot, rock back onto right foot
- 39-41** Full turn left - stepping left, right, left

STEP FORWARD, ROCK BACK, SHUFFLE FORWARD WITH ¼ LEFT, HOLD, COASTER STEP

- 42-43** Step forward onto right foot, rock back onto left foot
- 44&45** Step onto right foot, step left foot next to right, with a ¼ turn left step forward onto right foot
- 46** Hold
- 47-48** Step back onto left foot, step right foot next to left, step forward onto left foot

REPEAT

Styling note: on counts 3-4, 7-8, 11-12 and 15-16 push hips into direction of rock

Variations

- 28-29** With knees slightly bent - roll hips to the right
- 30-31** With knees slightly bent - roll hips to the left
- 35-36** With knees slightly bent - roll hips to the left
- 37-38** With knees slightly bent - roll hips to the right