

## Ding Ding Banan

64 Count, 4 Wall, Improver

Choreographer: Tina Upmark, Sweden April 2012

Choreographed to: Sean Den Första Banan by Sean Banan,

Album: Melodifestivalen 2012

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Intro: Start dance after 16 counts

**1 Chasse R, Rock Back, Chasse L, Rock Back**

1&amp;2 Step R to rights side, Step L next to right, Step R to right side

3 – 4 Rock L back, recover

5&amp;6 Step L to left side, Step R next to left, Step L to left side

7 – 8 Rock R back, recover

**2 Step Forward, Lockstep, Lock Shuffle Forward on the diagonal x 2**

1 – 2 Step R foot forward on the diagonal, lock L behind right

3&amp;4 R Lock Shuffle forward on the diagonal, R, L, R

5 – 6 Step L foot forward on the diagonal, lock R behind left

7&amp;8 L Lock Shuffle forward on the diagonal, L, R, L

**3 Heel Bounce R x 4, Heel Bounce L x 4**

1 – 4 Bounce R heel forward on the diagonal x 4, (place your R hand on your forehead as if you are looking for something)

5 – 8 Bounce L heel forward on the diagonal x 4, (place your L hand on your forehead as if you are looking for something)

**4 Step ¼ Turn L x 2, Heel Jacks**

1 – 2 Step forward R, ¼ turn L

3 – 4 Step forward R, ¼ turn L

5&amp;6 Cross R over L, step L back, R heel forward

&amp;7&amp;8&amp; Step R next to L, cross L over right, step R back, L heel forward, step L next to R

**5 'V Step', Forward R, L, Back R, L x 2**

1 – 2 Step R foot forward out on the diagonal, step L foot forward out on the diagonal

3 – 4 Step R foot back, close left to right

5 – 6 Step R foot forward out on the diagonal, step L foot forward out on the diagonal

7 – 8 Step R foot back, close left to right

**6 Step Forward, Lockstep, Lock Shuffle Forward on the diagonal x 2**

1 – 2 Step R foot forward on the diagonal, lock L behind right

3&amp;4 R Lock Shuffle forward on the diagonal, R, L, R

5 – 6 Step L foot forward on the diagonal, lock R behind left

7&amp;8 L Lock Shuffle forward on the diagonal, L, R, L

**Restart at wall 2 and 5****7 Rock Forward, Shuffle ½ Turn Right, Step ¼ Turn Right, Cross Shuffle**

1 – 2 Rock forward on R, recover L

3&amp;4 Step R ¼ to right, step L next to right, step R ¼ to right

5 – 6 Step L forward, ¼ turn right

7&amp;8 Cross L over right, step R behind left, cross L over right

**8 Side Rock R, Behind Side Cross, Side Rock L, Coaster Step**

1 – 2 Rock R to right side, recover L

3&amp;4 Step R foot behind left, step L to left side, cross R over L

5 – 6 Rock L to left side, recover R

7&amp;8 Step L back, step R next to left, step L forward

**Restart:** 2 restarts after **Section 6** at wall 2 and 5 facing 3 o'clock