

Banana Pancakes



Choreographed by : Karen & Nigel Poll - April 2014 pollykaz7@live.co.uk
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Description : 64 count dance, Sweetheart Position facing Line of Dance.
Same footwork throughout unless stated.

Music: **Banana Pancakes - Billy Currington- Album - We Are Tonight**

Step scuff, shuffle, Rock recover, shuffle $\frac{1}{2}$ turn,

1-4 **Both**, Step forward Right, scuff left, Left shuffle forward,

5-8 **Both**, Rock forward Right, recover on Left, turn $\frac{1}{2}$ Right shuffle into RLOD

Step Scuff, shuffle, Rock recover, Shuffle $\frac{1}{4}$ turn

9-12 **Both**, Step forward Left, scuff Right, Right shuffle forward

13-16 **Both**, Rock forward Left, recover on Right, turn $\frac{1}{4}$ Left, side shuffle (facing OLOD) **Man on Left side of lady In Sweetheart position**

Weave, Rock recover Shuffle $\frac{1}{2}$ turn

17-20 **Both**, Cross Right in front of Left, step left to left side, cross Right behind Left, Left to left side

21-24 **Both**, Rock forward Right, recover on Left, Shuffle $\frac{1}{2}$ turn Right (facing ILOD) **Man on Right side of Lady**

Weave, (Lady $\frac{1}{2}$ turn right) Shuffle, Shuffle

25-28 **Both**, Cross Left in front of right, Right to Right side, Cross Left behind Right, turn $\frac{1}{4}$ Right, step forward R

29-32 **Man**, Left Shuffle forward, Right Shuffle forward, (facing LOD) **Hand crossed Left hands on top**

Lady, Turn $\frac{1}{2}$ Right, Left shuffle back, Right Shuffle back, (facing RLOD)

Step Pivot $\frac{1}{2}$ turn Right Shuffle, (Lady Rock Recover), Walk, Walk (turning $\frac{1}{2}$ turn Right) Shuffle

33-36 **Man** Step forward Left, Pivot $\frac{1}{2}$ Right, Left Shuffle forward into RLOD

Lady Rock back Left, recover on Right, Left shuffle forward, **Taking Left hands over Lady's head to Sweetheart**

37-40 **Man** Walk Right, Left, (small steps) turning $\frac{1}{2}$ Right, Right Shuffle, **Man is on Right side of lady**

Lady Walk Right, Left, turning $\frac{1}{2}$ Right, Right Shuffle,

Side together, Shuffle, (Lady Full turn in front of man, to end on right hand side of man), Walk, Walk, Shuffle,

41-44 **Man** Step side Left, Step Right beside Left, Left Shuffle forward, **Taking Left arms over Lady's head**

Lady Turn $\frac{1}{2}$ Right stepping back on Left, Turn $\frac{1}{2}$ stepping forward on Right, Left shuffle forward

45-48 **Both**, Walk Right, Left, Right Shuffle into LOD,

Rock forward, recover, Shuffle $\frac{1}{2}$ turn, Rock forward, recover, Shuffle,

49-52 **Both**, Rock Forward Left, recover on Right, Shuffle $\frac{1}{2}$ Left (facing RLOD) **Left arms over Mans head**

53-56 **Both**, Rock Forward Right, recover on Left, Right Shuffle back,

Toe $\frac{1}{2}$ turn, Shuffle, Walk, Walk Shuffle,

57-60 **Both**, Left Toe back, unwind $\frac{1}{2}$ turn Left, (weight on Left), Right Shuffle forward, **Left arms over Lady's head**

61-64 **Both**, Walk, Left, Walk Right, Left Shuffle, **Back into Sweetheart position**

Start Again