

BANANE E LAMPONI

[Bananas and Raspberries]

Music: Blue Angels

www.amazon.com/Dancesportcup-Alcobendas-Dance-Latin-Standard/dp/B001TX1FI8

Track# 10 Time 2:59 Shortened from 2.26,59 to 2.42,32 to Time 2:44

Available from choreographer

Rhythm: Cha Cha Phase: V + 1 (Turkish Towel) + U

Footwork: Opposite except where (Noted)

Release Date: Dec 22

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Sequence: INTRO AA B A B(1-14) END



INTRO

01-04 LOP FACING PARTNER & WALL LEAD FOOT FREE NO HANDHOLD WAIT 2 MEASURES ; ; FULL TURN CHASE M & W ; ;

{Wait} LOP Fcg Ptr & Wall ld ft free no Hndhld wt 2 meas ; ; {Full Trn Chase M & W} Fwd L trn ½ RF, rec R cont trn ½ RF, bk L/lk Rif, bk L (W bk R, rec L, fwd R/lk Lib, fwd R), -; Bk R, rec L, fwd R/lk Lib, fwd R (W fwd L trn ½ RF, rec R cont trn ½ RF to fc ptr, bk L/lk Rif, bk L) to BFLY WALL ;

PART A

01-04 OP BREAK ; WHIP OVERTURNED to TANDEM COH ; OPPOSITE FENCE LINE w/ ARMSWEEP TWICE ; ;

{OP Break} Strong bk L (W strong bk R) xtndg trl hnd straight up, rec R, sd L/cl R, sd L ; {Whip Overturned to Tandem COH} Bk R trng ¼ LF, rec L cont LF trn to fc COH, cl R/in pl L, R (W fwd L trng ½ LF, rec R cont LF trn to fc COH, sd L/cl R, sd L) end to TANDEM COH ; {Opp Fence Line w/ Armsweep x 2} XLif (W XRif) w/ bent knee ld arms circle CW (W CCW) ifo body, rec R, sd L/cl R, sd L ; XRif (W XLif) w/ bent knee trl arms circle CCW (W CW) ifo body, rec L, sd R/cl L, sd R to TANDEM COH ;

05-08 OPPOSITE FENCE LINE w/ ARMSWEEP/W TURN to FACE ; NEW YORKER ; CHASE w/ UNDERARM PASS ; ;

{Opp Fence Line w/ Armsweep/W Trn to Fc} XLif (W XRif) w/ bent knee ld arms circle CW (W CCW) ifo body, rec R, (W XRif w/ bent knee ld arms circle CCW ifo body, rec L, sd L/cl R, sd L trng ½ LF) to BFLY COH ; {New Yorker} Thru R to LOP RLOD, rec L to fc, sd R/cl L, sd R to BFLY COH ; {Chase w/ Underarm Pass} Fwd L trng RF ½ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M's lft sd) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L) to BFLY WALL ;

09-12 OP HIP TWIST ; TO A FAN ; START STOP & GO INTO CROSS BODY & rt Hndshk ; ;

{OP Hip Twist} Chk fwd L, rec R, small bk L/cl R, bk L pushing ld arm fwd gently to trn W (W rk bk R, rec L, fwd R/fwd L, fwd R swiv ¼ RF on R) ; {To a Fan} Bk R, rec L, small sd R/cl L, sd R slight LF rotation twd W (W fwd L, fwd R trn ½ LF, bk L/lk Rif, bk L) to L-Pos ; {Start Stop & Go Into Cross Body} Fwd L, rec R, sd L/cl R, sd L lead W trn LF under ld hnds (W cl R, fwd L, fwd R/XLib, fwd R quick LF trng under ld hnds fc LOD) ; Bk R comm LF to CP, rec L cont LF trn, sd R/cl L, sd R (W fwd L comm LF trn to CP, sd R cont LF trn, sd L/cl R, sd L) to rt Hndshk COH ;

13-16 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN ; W OUT to WALL ;

{Trade Places x 2} [In rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc LOD (W trn LF), slide bhd W sd L/cl R reachg lftL hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (W ¼ LF) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc LOD (W trn RF), slidg bhd W sd R/cl L reachg rt hand to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (W ¼ RF) to fc WALL in rt hndshk COH ; {Trade Places/W Insd Undrm Trn} Apt L, rec R comm to pass rt shldr while trng ½ RF to fc WALL, bk L/lk Rib, ipl L (W apt R, rec L, fwd R trng 7/8 LF undr jnd rt hnds/cl L, ipl R fcg COH) relsg hnds ; (W Out to WALL) Rk apt R, rec L, fwd R/lk Lib, ipl R (W fwd L twd WALL, fwd R comm LF trn, sd L cont LF trn to fc COH/cl R, ipl L) to BFLY WALL ;

PART B

01-04 CONTINUOUS CHASE WITH UNDERARM PASS & PEEKS ; ; ; ;

{Continuous Chase w/ Underarm Pass & Peeks} Fwd L trng ½ RF keepg ld hnds jnd behind M, rec R, fwd L/lk Rib, fwd L (W bk R, rec L, fwd R twds M's lft sd/lk Lib, fwd R) ; Bk R raisg jnd ld hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF under jnd ld hnds, fwd & sd L/cl R contg to trn ½ LF, sd L) to TAND COH [w/ ld hnds still jnd above the head W] ; Sd L, rec R, ipl L/R L (W sd R lookg ovr lft shldr, rec L, ipl R/L, R) ; Sd R, rec L, ipl R/L, R (W sd L lookg ovr rt shldr, rec R, ipl L/R, L) ;

05-08 CONTINUE ; ; ; W TO FACE & rt Hndshk ;

{Continue} Fwd L trng $\frac{1}{2}$ RF keepg ld hnds jnd low behind M, rec R, fwd L/lk Rib, fwd L (W fwd R trng $\frac{1}{2}$ LF, rec L, fwd R twds M's lft sd/lk Lib, fwd R) ; Bk R raisg jnd ld hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng $\frac{1}{2}$ LF under jnd ld hnds, fwd & sd L/cl R contg to trn $\frac{1}{2}$ LF, sd L) to TAND WALL [w/ ld hnds still above the head W] ; Sd L, rec R, ipl L/R L (W sd R lookg ovr lft shldr, rec L, ipl R/L R) ; Sd R, rec L, sd R/cl L, sd R (W sd L lookg ovr rt shldr, rec R trng $\frac{1}{2}$ RF, sd L/cl R, sd L) to rt Hndshk WALL, -;

09-12 BASIC 1/2 to TURKISH TOWEL ; ; TWO BREAKS ; ;

{Basic $\frac{1}{2}$ to Turkish Towel} Rk fwd L, rec R, sd L raise jnd rt hnds palm to palm/cl R, sd L (W bk R, rec L, sd R/cl L, sd R) ; Bk R, rec L, small sd R/cl L, sd R (W XLif trn RF under jnd rt hnds, fwd R cont RF trn, fwd L arnd M to end in bk of and to his lft sd/fwd R, fwd L) ; **{Two Break}** [rt arms up & over head] Chk bk L, rec R, sd L/cl R, sd L (W chk fwd R, rec L, sd R/cl L, sd R slidg behind M to his rt sd) ; Chk bk R, rec L, sd R/cl L, sd R (W chk fwd L, rec R, sd L/cl R, sd L slidg behind M to his lft sd) ;

13-16 BREAK/W CIRCLE w/ SPIRAL & SPIN to TANDEM WALL ; W SWIVEL to FAN ; ALEMANA ; ;

{Break/W Circle w/ Spiral & Spin to Tandem Wall} Rk bk L, rec R, ipl L/R, L relsg rt hnds (W circle CW around M fwd R & spiral lft, fwd L to Wall, small fwd R comm LF trn, spin sd & fwd L cont LF trn, sd R compl LF trn & relsg rt hnds) to Tandem Wall no hndhld ; **{W Swiv to Fan}** Bk R, rec L, sd R/cl L, sd R (W fwd L swiv $\frac{1}{4}$ RF, fwd R swiv $\frac{1}{2}$ RF to Rlod, bk L/lk Rif, bk L) to Fan Pos ; **{Alemana}** Fwd L, rec R, sml sd L/cl R, sd L (W cl R, fwd L, fwd R/lk Lib, fwd R trng RF to fc M) ; Raisg jnd ld hnds XRib, rec L, sd R/cl L, sd R (W trng RF undr jnd hnds fwd L & swvl RF, fwd R & cont swvl RF, fwd & sd L/cl R, sd L) to BFLY WALL ;

ENDING

01 START ALEMANA & SWIVEL to $\frac{1}{2}$ LOP RLOD EXTEND ARMS ;

{Start Alemana & Swiv to $\frac{1}{2}$ OP Rlod Extend Arms} Fwd L, rec R, sml sd L/cl R, sd L swiv RF to $\frac{1}{2}$ LOP RLOD (W cl R, fwd L, fwd R/lk Lib, fwd R trng RF to $\frac{1}{2}$ LOP RLOD) raisg trl arms Up & Out ;