

Bananas And Raspberries

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Music : "Banane E Lamponi" Artist: Francesca Lotà Album: Como Te Quiero (2009)
Time@Tempo : 2:56 (Original 31BPM) 3:01 (Decrease speed 3.0%)
Rhythm & Phase : Cha Cha, V+2+2 (Rudolph Rondé, Same Foot Lunge)
(Hip Twist Chassé, Rondé Chassé)
Footwork : Opposite (W's footwork in parentheses) Date & Version : Jan 2014 (Ver.1.2)
Sequence : INTRO - A - A (MOD) - B - A (MOD) - B (MOD) - ENDING

INTRO

1-4 WAIT;; CUCA; SD BREAK SYNC;

1-2 FCG Pos M fc WALL 5 ft apt bth L ft free w/ hnds on hips wait 2 meas;;
3 {Cuca} Sd L xtnd L arm to sd, rec R, cl L/stp R, sip L;
12-&4 4 {Sd Brk Sync} Stp R out xtnd R arm to sd, stp L out xtnd L arm to sd, -, stp in R/L;

PART A

1-4 [BTH R FT] SOLO HIP TWST CHASSE; RONDE CHASSE; HIP TWST TO; BTH W'S FAN ACTION TO FC;

1 {Solo Hip Twst Chasse} Meas 1-4 of PART A M & W same footwork Bk R, rec L, fwd R acrs L leg w/ delayed fwd wlk well acrs bdy R knee will be bent or cmprssd hips twst 1/4 to left R ft placement is toe/swvl RF 1/4 on R cl L to R hips central, sd R;
2 {Ronde Chasse} Fwd L, rec R, XLib of R using a slight ronde action ends in a Latin x on ball of L ft bhnd R/sd R sml stp, sd L;
3 {Hip Twst to} Rept meas 1 of PART A;
4 {Bth W's Fan action to Fc} Swvl RF 1/8 on R fwd L, fwd R trng LF 3/8, bk L/XRif of L, bk L end in M fc ptr and LOD W fc ptr and RLOD bth R ft free;

5-8 CL & TOG M IN 4 [CP]; FULL NAT TOP [WALL];;;

1234 5 {Cl & Tog M in 4 to CP} Cl R, fwd L, fwd R, fwd L CP trn RF fc WALL;
(W cl R, fwd L, fwd R/XLib of R, fwd R CP trn RF fc COH;)
6-8 {Full Nat Top} XRib of L trning RF, sd L cont trn, XRib of L cont trn/sd L cont trn, XRib of L cont trn; Sd L cont trn, XRib of L cont trn, sd L cont trn/XRib of L cont trn, sd L cont trn; XRib of L cont trn, sd L cont trn, XRib of L cont trn/sd L cont trn, cl R to L; (W Sd L trning RF, XRif of L cont trn, sd L cont trn/XRif of L cont trn, sd L cont trn; XRif of L cont trn, sd L cont trn, XRif of L cont trn/sd L cont trn, XRif of L cont trn; Sd L cont trn, XRif of L cont trn, sd L cont trn/XRif of L cont trn, sd L;) Amount of trn is up to 2 full trns [3/4+3/4+2/4].

9-12 CUDDLE 2X w/ W CHASSE APT ENDG [TANDEM HNDSHK LOD];; M'S RUNAWAY TRPLE CHAS;;, TWRL LF CHA;;

9-10 {Cuddle 2X w/ W Chasse Apt} Sd L rel ld hnds, rec R, cl L Iding W to CUDDLE placing L hnd on W's R shoulder blade/sip R, sip L; Sd R rel R hnd, rec L, cl R Iding W awy twd RLOD w/ L hnd/sip L, sip R trn LF fc LOD jn R-R hnds TANDEM M frnt of W & Ws L sd;
(W turn 1/2 RF bk R free R arm out to sd, rec L trn LF 1/2, cl R place R hnd on M's L shouldr blending to CUDDLE/sip L, sip R; Turn 1/2 LF bk L w/ L arm out to sd, rec R trn RF 1/2, sd L/cl R, trn RF 1/4 fc LOD bk L ckg twd RLOD awy from M jn R-R hnds TANDEM W bhd of M & M's R sd;)

1&23&4 11-12 {M's Runaway Trpl Chas Twrl LF Cha} Fwd L/XRib of L, fwd L, fwd R/XLib of R, fwd R;
1&23&4 Fwd L/XRib of L, fwd L, fwd R raising jnd R hnds ld W to twrl LF/XLib of R, fwd R;

(W fwd R/XLib of R, fwd R, fwd L/XRib of L, fwd L; Fwd R/XLib of R, fwd R, fwd L comm trn LF undr jnd R hnds/cont trn R, L TANDEM LOD W bhd of M & M's R sd jnd R hnds low;)

13-16 M'S RUNAWAY w/ 2 CHA CHAS; W SPN CL SD REC;

DBL CUBAN BRK; SGL CUBAN BRK CKNG,, BTH SPN APT W IN 2;;

- 1&23&4 13 {M's Runaway 2 Chas} Fwd L/XRib of L, fwd L, fwd R/XLib of R, fwd R;
 1234 14 {W Spn Cl Sd Rec} Ck fwd L, rec R trn RF 1/4 fc WALL, cl L, sd R rel hnds;
 (W Fwd R spn RF undr jnd R hnds, cl L cont spn to fc ptr & COH, sd R, rec L rel hnds;)
 1&2&3&4 15 {Dbl Cubn Brk} XLif of R/rec R, sd L/rec R, XLif of R/rec R, sd L;
 16 {Sgl Cubn Brk Ckg Bth Spn Apt W In 2} XRif of L/rec L, sd R ckg, rec L spn LF/cont
 1&23&4 spn R awy from W, bk L fc ptr & WALL 5 ft apt no hnds jnd;
 (1&234) (W XLif of R/rec R, sd L ckg, rec R 1 full spn RF, bk L awy from M end to fc ptr & COH
 5 ft apt no hnds jnd;)

PART A (MOD)

- 1-4 [BTH R FT] SOLO HIP TWST CHASSE; RONDE CHASSE;
 HIP TWST TO; BTH W'S FAN ACTION TO FC;
 5-8 CL & TOG M IN 4 [CP]; FULL NAT TOP [WALL];;;**

**9-12 CUDDLE 2X w/ W CHASSE APT ENDG [TANDEM HNDSHK LOD];;
 M'S RUNAWAY TRIPLE CHAS;,, TWRL LF CHA;,,**

**13-16 M'S RUNAWAY w/ 2 CHA CHAS; W SPN CL SD REC;
 DBL CUBAN BRK; SGL CUBAN BRK CKNG,, BTH SPN 2;;**

- 1-15 Rept meas 1-15 of PART A;,,, ,,,,
 1&234 16 {Sgl Cubn Brk Ckg Bth Spn 2} XRif of L/rec L, sd R ckg, rec L 1 full spn LF, bk R fc
 ptr & WALL no hnds jnd;
 (W XLif of R/rec R, sd L ckg, rec R 1 full spn RF, cl L fc ptr & COH no hnds jnd;)

PART B

1-4 W VERY SLO X SWVL 2X;; X SWVL 2X; [REL HNDS] SD BRK SYNC;

- 1--- 1-2 {Very Slo X Swvl 2X} Stp sd L blendng low BFLY ld W to very slo x swvl, -, -, -; Sd R
 1--- ld W to very slo x swvl, -, -, -;
 (W trn LF fwd R slightly in frnt of L twd DRC blendng low BFLY comm swvl RF, cont
 swvl on R, -, - fc DLC; Fwd L slightly in frnt of R comm swvl LF, cont swvl on L, -, - fc
 DRC;)

- 1-3- 3 {X Swvl 2X} Stp sd L ld W to x swvl, -, sd R ld W to x swvl, -;
 (W fwd R slightly in frnt of L comm swvl RF, cont swvl on R fc DLC, fwd L slightly in frnt
 of R comm swvl LF, cont swvl on L fc COH;) [End to rel hnds]

- 12-&4 4 {Sd Brk Sync} Stp L out xtnd L arm to sd, stp R out xtnd R arm to sd, -, stp in L/R;

5-8 BRK APT REC W LF TRN SHDW [QQS];

SWHRT 2X W TRN TO FC BTH IN 4;; SD BRK SYNC;

- 123- 5 {Brk Apt Rec W LF Trn SHDW QQS} Bk apt L, rec R, sd & fwd L, -;
 (W bk apt R, rec L trn LF 1/2, sd R fc WALL, -) [End in SHDW WALL no hnds jnd]
 123- 6-7 {Swprt 2X W Trn To Fc Bth In 4} XRif of L, rec L, sd R, -; XLif of R, rec R, cl L, sd R;
 1234 (W XLib of R, rec R, sd L, -; XRib of L, rec L trn RF 1/2, sd R, cl L;) [FCG-P M fc WALL]
 12-&4 8 {Sd Brk Sync} Rept meas 4 of PART B;

**9-12 [1/2 OP] WLK 3 [QQS]; MANV PVT RUDOLPH RONDE [QQS];
BK W SWVL DEVELOPE; REC TCH [1/2 OP LOD] FWD CHA;**

- 123- 9 {WLk 3} Blending to 1/2 OP LOD fwd L, R, L, -;
 123- 10 {Manv Pvt Rudolph Ronde QQS} Fwd R twd DLW acrs frnt of W trn RF on R jn ld
 hnds CP RLOD, bk L pvt RF fc LOD, lower on L fwd R ld W's R ft to ronde cw, -;
 (W fwd L jn ld hnds CP, fwd R pvt RF fc RLOD, bk L cont trn RF 1/2 fc LOD w/ ronde R
 ft cw SCP LOD, bk R no wght chg);
 1--- 11 {Bk W Swvl Develop} Bk L comm ld W to swvl LF leavg R ft fwd twd LOD, -, -, -;
 (W bk R comm swvl LF, cont swvl on R fc RLOD raise L ft along R leg, kick L fwd, -);
 1-3&4 12 {Rec Tch Fwd Cha} Rec R, tch L to R blend to 1/2 OP, fwd L/XRib of L, fwd L;
 (W bk L swvl RF fc LOD, tch R to L blend to 1/2 OP, fwd R/XLib of R, fwd R);

13-16 NAT TRN PREP [SQQ]; SAME FT LUN w/ CHG SWAY;

- PU/TELE TO 1/2 OP [&QQS]; FWD CHA,, BTH SPN APT W IN 2,;
 1-3- 13 {Nat Prep} Fwd R trn RF, cont trn on R CP RLOD, sd & bk L cont trn fc COH, tch R to L;
 (W fwd L, -, fwd R trn RF fc WALL, cl L slightly trn RF fc DRW prep to same ft lun);
 1--- 14 {Same Ft Lun w/ Chg Sway} Lower L knee R ft reach sd & fwd no wght chg, -, shft
 wght to R flex R knee L ft xtnd sd & bk looking R w/ R sd stretch keep hips up & twd
 ptr, chg swy to L;
 (W compress L knee R ft reach bk slightly Xib of L no wght chg, -, shft wght to R w/ L ft
 xtnd fwd trning bdy LF & looking well to L keep hips up & twd ptr, chg swy to R);
 123- 15 {Tele to 1/2 OP} Trn bdy LF pu W to CP DRC/fwd L comm trn LF, sd & fwd R cont trn
 (&123-) arnd W, sd & fwd L twd LOD, -
 (W fwd L trn LF CP W fc DLW/bk R trn LF bring L beside R w/ no wght chg, cont trn on
 R heel & chg wght to L, fwd R twd LOD, -) [End in 1/2 OP LOD]
 1&23&4 16 {Fwd Cha Bth Spn Apt W In 2} Fwd R/XLib of R, fwd R, fwd L spn LF/R fc ptr, bk L;
 (W fwd L/XRib of L, fwd L, fwd R 1 full spn RF, bk L awy from M);
 [End in fcg ptr M fc WALL W fc COH 5 ft apt no hnds jnd]

PART B (MOD)

- 1-4 **W VERY SLO X SWVL 2X;; X SWVL 2X; [REL HNDS] SD BRK SYNC;**
 5-8 **BRK APT REC W LF TRN SHDW [QQS];
SWHRT 2X W TRN TO FC BTH IN 4;; SD BRK SYNC;**

**9-12 [1/2 OP] WLK 3 [QQS]; MANV PVT RUDOLPH RONDE [QQS];
BK W SWVL DEVELOPE; REC TCH [1/2 OP LOD] FWD CHA;**

**13-16 NAT TRN PREP [SQQ]; SAME FT LUN w/ CHG SWAY;
PU/TELE TO 1/2 OP [&QQS]; FWD CHA,, BTH SPN 2,;**

- 1-15 Rept meas 1-15 of PART B;::: :::: :::: ::::
 1&234 16 {Fwd Cha Bth Spn 2} Fwd R/XLib of R, fwd R, fwd L 1 full spn LF fc ptr & WALL, bk R;
 (W fwd L/XRib of L, fwd L, fwd R 1 full spn RF fc ptr & COH, cl L);

ENDING

- 1-4 **BRK APT REC W LF TRN SHDW [QQS];
SWHRT 2X W TRN TO FC BTH IN 4;; SD BRK SYNC;**
 5-7 **[LOW BFLY] W VERY SLO X SWVL 2X;; X SWVL 2X;**
 1-7 Rept meas 5-8 of PART B;::: & meas 1-3 of PART B;:::

+ **HOLD,**
 Hold,