

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 cpressed 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;
(123&4) (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 HND SHK 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 lding 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 lding W awy twd RLOD w/ L hnd/sip L, sip R trn LF fc LOD jn R-R hnds TANDEM M frnt of W & W's 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 Runawy 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;

**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 {**Wik 3**} Blendng to 1/2 OP LOD fwd L. R. L. -;
- 123- 10 {**Manv Pvt Rudplph 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 Develope**} 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; (1-34) (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; (1&234) (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,