

BANANA SPLIT

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Music: Banana Split (Quick Step) by Ballroom Diamond Orchestra
From the CD album Grande Festa Party Time
Available from iTunes Music Downloads

Rhythm/Phase: Quickstep & Two Step Phase IV + 1 (Scoop)

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A A B B A A C A Ending

..... INTRODUCTION (4 Measures)

CP DLW W/ LEAD FEET FREE WAIT 2 MEAS;; SCOOP TWICE;;

[1 & 2] In clsd pos fcng DLW with lead feet free wait 2 measures;; [3 & 4] Slide L with left side stretch [long side step], -, with left side stretch cl R [approx 1/8 lf turn], -; Repeat;

..... PART A (16 Measures)

1/4 TURNS W/ PROGRESSIVE CHASSE & STEP FWD;;; RUNNING FWD LOCKS;; MANUV SD CL; PIVOT 2 CP LOD; WALK 2; VIENNESE TURNS;; WALK 2 TO BJO CHKNG; FISHTAIL; WALK & FC; 2 SD CLOSES; WALK & PKUP;

[1 - 4] Fwd L, -, fwd R turning rf, -; Sd L turning rf, continue slight turn cl R, sd & bk L DLC, -; Bk R DLC start lf turn, -, sd L, cl R; Sd & slightly fwd L, -, fwd R to CBMP DLW, -; [5 & 6] Fwd L, lock R in back of left, fwd L, fwd R; Fwd L, lock R in back of left, fwd L, -; [7] Commence rf turn fwd R, -, continue turn to fc partner sd L, complete turn cl R; [8] Bk L commence rf pivot up to 1/2 turn, -, complete pivot to clsd pos LOD fwd R, -; [9] Fwd L, -, fwd R, -; [10 & 11] Fwd L commence lf turn, -, sd R continue turn, XLIF of right; Bk R continue lf turn, -, sd L continue turn, cl R end clsd pos LOD; (W bk R commence lf turn, -, sd L continue lf turn, cl R to left; Fwd L continue lf turn, -, sd R continue lf turn, XLIF of right;) [12] Fwd L, -, fwd R blnd bjo pos chkng forward movement, -; [13] XLIF of right but not tightly, as body commences to turn rf take small step sd R complete 1/4 rf body turn, fwd L with left shoulder lead, XRIB of left but not tightly; [14] Fwd L, -, fwd R turning rf to fc partner blnd clsd pos wall, -; [15] Sd L, cl R, sd L, cl R; [16] Toward LOD sd & fwd L, -, fwd R picking up W clsd pos LOD, -;

..... PART B (16 Measures)

CHARLESTON POINTS TWICE;;; 2 FWD 2-STEPS BJO;; STEP/HOP 4;; FWD LK FWD; MANUV SD CL - STEP BACK;; RUNNING BACK LOCKS;; SLOW IMPETUS SEMI;; THRU & SEMI CHASSE; PKUP SD CL;

[1 - 4] In clsd pos LOD fwd L, -, point R fwd, -; Bk R, -, point L bk, -; Repeat these two measures;; [5 & 6] Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R blnd bjo pos LOD, -; [7 & 8] Step fwd L with slight hopping action, -, step fwd R with slight hopping action, -; Repeat; [9] Fwd L, lock R in back of left, fwd L, -; [10 & 10 1/2] Commence rf turn fwd R, -, continue turn to fc partner sd L, complete turn cl R; Bk L bjo pos, -, [10 1/2 - 12 1/2] Bk R, lock L in front of right, bk R, bk L; Bk R, lock L in front of right, bk R, -; [12 1/2 - 14] Commence rf upper body turn bk L, -, cl R to left [heel turn] continue rf turn, -; Complete turn fwd L tight semi-clsd pos LOD, -, [15] Toward LOD thru R, -, fwd L/cl R, fwd L; [16] Fwd R picking up W clsd pos LOD, -, sd L, cl R;

..... PART C (16 Measures)

2 FWD 2-STEPS FC WALL;; 2 SD CLOSES; SD DRAW CLOSE; SHAG STEP TWICE;; 2 SD CLOSES; SD DRAW CLOSE; SHAG STEP TWICE;; 2 SD CLOSES; WALK & PKUP; FWD HITCH 3; WALK BK 2; BK HITCH 3; WALK FWD 2;

[1 & 2] Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R turning slightly rf to fc wall, -; [3] Sd L, cl R, sd L, cl R; [4] Sd L, draw R to left, cl R, -; [5 & 6] Step in place L, R, L, kick R slightly to side; Step in place R, L, R,

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kick L slightly to side; [7] Same as measure 3 of Part C; [8] Same as measure 4 of Part C; [9 & 10] Same as measures 5 & 6 of Part C;; [11] Same as measure 3 of Part C; [12] Toward LOD fwd L, -, fwd R picking up W clsd pos LOD, -; [13] Fwd L, cl R, bk L, -; [14] Bk R, -, bk L, -; [15] Bk R, cl L, fwd R, -; [16] Fwd L, -, fwd R, -;

..... ENDING (9 Measures)

LEFT TURNING BOX W/ HOPS;;; 2 FWD 2-STEPS FC WALL;; 2 TURNING 2-STEPS;; STEP APART & POINT;

[1 - 4] Sd L, cl R, fwd L turn 1/4 lf with slight hop on weighted foot, -; Sd R, cl L, bk R turn 1/4 lf with slight hop on weighted foot, -; Sd L, cl R, fwd L turn 1/4 lf with slight hop on weighted foot, -; Sd R, cl L, bk R turn 1/4 lf with slight hop on weighted foot, -; [5 & 6] Same as measures 1 & 2 of Part C;; [7 & 8] Sd L, cl R commence rf turn, sd & bk L across line of progression complete 1/2 rf turn, -; Sd R, cl L commence rf turn, fwd R complete 1/2 rf turn, -; [9] Step apart L, -, point R toward partner, -;