BANANAS TWO STEP

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E-mail: rnddncr1@yahoo.com   **Date:** April 14, 2008

Music: I'm Going Bananas   **Time:** 1:41 Minutes

CD: I'm Breathless by Madonna, Track 4   **Speed:** 48 MPM

Footwork: Opposite unless noted (Woman's foot in parentheses)

Rhythm: Phase II + 1(Break Bk) Two Step

Sequence: Intro, A, Interlude, A (meas 1-10), B, Interlude, End

Difficulty: Difficult due to music timing.

INTRO

1-4   WAIT 2;; FC to FC; BK to BK;

1-4   Approx. 8 ft apt, Wait 2 measures;; sd L, cl R, sd L trng ½ LF to bk to bk pos,-; sd R, cl L, sd R trng ½ RF,-;

5-8   PROG SCIS 4X TOG [to BFLY];;;;

5-8   sd L, cl R, XLif,-(moving twd ptr w/each scis) ; sd R, cl L, XRif,-; sd L, cl R, Xlif,-; sd R, cl L, XRif,- [end in BFLY];

PART A

1-4   SD 2-STP L & R;; BRK BK, REC FC, CL; THRU FC CL;

1-2   [fc ptr] sd L, cl R, sd L, -; sd R, cl L, sd R, -;

3-4   XLib, Rec R fc ptr, cl L, -; fwd R between ptr, sd R to fc ptr, cl L,-;

5-8   BRK BK, REC FC, CL; THRU FC CL; DOOR 2X [to OP];;

5-6   XLib, Rec R fc ptr, cl L, -; fwd L betwn ptr, sd R to fc ptr, cl L, -;

7-8   rk sd L, rec R, XLif; rk sd R, rec L, XRif trng to [OP/LOD], -;

9-14   HTCH 6;; FWD LK FWD 4X;;;;

9-10   fwd L, cl R, bk L, -; bk R, cl L, fwd R, -; [2nd time thru end in SEMI]

11-12   fwd L, XRib, fwd L,-; fwd R, XLib, Fwd R,-;

13-14   fwd L, XRib, fwd L,-; fwd R, XLib, Fwd R,-;

15-18   CIRC AWAY 2-2 STPS;; TOG 2 –2STPS [CP/WL];;

15-16   rlsd ptr starting LF circular stps (W RF) away from ptr fwd L, cl R, fwd L, -; continue circular stps away from ptr fwd R, cl L, fwd R, -;

17-18   circular steps going twd ptr fwd L, cl R, fwd L, -; continue stps twd ptr fwd R, cl L, fwd R, [CP/WL],-;

19-20   BRK BK, REC FC, CL; THRU FC CL;

19-20   XLib, Rec R fc ptr, cl L, -; fwd L betwn ptr, sd R to fc ptr, cl L, -;

INTERLUDE

1-4   L TRNG BOX W/HOPS;;;;

1-2   sd L, cl R, fwd L trng ¼ LF & hop on L, -; sd R, cl L, bk R trng ¼ LF & hop on R, -;

3-4   sd L, cl R, sd L, fwd L trng ¼ LF & hop on L, -; sd R, cl L, bk R trng ¼ LF & hop on R, -[to bfly];

5-8   BRK BK, REC FC, CL; THRU FC CL; BRK BK, REC FC, CL; THRU FC CL;

5-6   XLib, Rec R fc ptr, cl L, -; fwd L betwn ptr, sd R to fc ptr, cl L, -;

7-8   XLib, Rec R fc ptr, cl L, -; fwd L betwn ptr, sd R to fc ptr, cl L, -;

PART B

1-4 2 FWD 2-STPS;; 2 TRNG 2-STPS;;
1-2   fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
3-4   sd L, cl R begin RF trn, sd & bk L across LOD complete ½ RF trn,-; sd R, cl L begin RF trn, fwd R complete ½ RF trn [end in Semi]. -;

5-6 TWRL VIN 2; SD & THRU (W-WLK 2) [BFLY];
5   [raise L arm for W to twrl undr] sd L,-, XRib, -; (W sd & fwd R trng ½ RF undr jned hnds,-, sd & bk L trng ½ RF, -;)
6   sd L,-, thru R between ptr, (fwd R, fwd L) [trng to BFLY] -;

7-10 TRVLNG DOOR 2X [SEMI];;;;
7-8   rk sd L,-, rec R, -; XLif, sd, XLif, -; rk sd R,-, rec L, -; XRif, sd XRif, -;
9-10   rk sd L,-, rec R, -; XLif, sd, XLif, -; rk sd R,-, rec L, -; XRif, sd XRif, -;

11-14 2 FWD 2-STPS;; 2 TRNG 2-STPS;;
11-12   fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
13-14   sd L, cl R begin RF trn, sd & bk L across LOD complete ½ RF trn,-; sd R, cl L begin RF trn, fwd R complete ½ RF trn [end in Semi]. -;

15-16 TWRL VIN 2; SD & THRU/ (W-WLK 2), [BFLY];
15   [raise L arm for W to twrl undr] sd L,-, XRib, -; (W sd & fwd R trng ½ RF undr jned hnds,-, sd & bk L trng ½ RF, -;)
16   sd L,-, thru R between ptr, (fwd R, fwd L) [trng to BFLY] -;

17-20 TRVLNG DOOR 2X [SEMI];;;;
17-18   rk sd L,-, rec R, -; XLif, sd, XLif, -; rk sd R,-, rec L, -; XRif, sd XRif, -;
19-20   rk sd L,-, rec R, -; XLif, sd, XLif, -; rk sd R,-, rec L, -; XRif, sd XRif, [semi] -;

END

1-4 SD 2-STP L & R;; BRK BK, REC FC, CL; THRU FC CL;
1-2   [fc ptr, bfly] sd L, cl R, sd L, -; sd R, cl L, sd R, -;
3-4   XLib, Rec R fc ptr, cl L, -; fwd R between ptr, sd R to fc ptr, cl L,-;

5-8 BRK BK, REC FC, CL; THRU FC CL; DOOR 2X [to OP]
5-6   XLib, Rec R fc ptr, cl L, -; fwd R between ptr, sd R to fc ptr, cl L,-;
7-8   rk sd L, rec R, XLif; rk sd R, rec L, XRif trng to [OP/LOD], -;

9-12 HTCH 6 [SEMI];; 2 FWD 2-STPS;;
9-10   fwd L, cl R, bk L, -; bk R, cl L, fwd R [SEMI], -;
11-12   fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;

13 TWRL VIN 2 & STP APT;
13   [raise L arm for W to twrl undr] sd L,-, XRif, -; (W sd & fwd R trng ½ RF undr jned hnds,-, sd & bk L trng ½ RF, -;) stp apt L, pt R to ptr.