

# Candida Remix

Count: 64

Wall: 4

Level: Phrased High Beginner

Choreographer: Kenny Teh (MY) - August 2020

Music: Candida (feat. Los Mensajeros) (Cha Cha Remix) - DJ Mark



**Dance Sequence: A,A,B,B,A,A,B,B, Tag 48 counts**

**Start dance on Vocals:**

## Section A

- 1 2 3 4 Step Left to left, step Right beside, step Left to left, push Right hip up  
5 6 7 8 Step Right to right, step Left beside, step Right to right, push Left hip up
- 1 2 Step Left, touch Right forward pushing Right hip up  
1 2 Step Right, touch Left forward pushing Left hip up  
5 6 7 8 Sway or roll hips Left, Right, Left, Right (As you sway you could also lower both legs)
- 1 2 3 4 Cross Left over Right,  $\frac{1}{4}$  Left turn (9.00) step Right back, step Left, cross Right over Left  
5 6 7 8 Cross Left over Right,  $\frac{1}{4}$  Left turn (6.00) step Right back, step Left, cross Right over Left
- 1 2 3 4 Rock Left to left, recover Right, step Left beside, hold  
5 6 7 8 Rock Left to left, recover Right, step Left beside, hold

## Section B

- 1 2 3&4 Rock Left forward, recover Right, step Left back, lock Right over Left, step Left back  
5 6 7&8 Rock Right Back, recover Left, step Right forward, lock Left behind Right, step Right forward
- 1 2 3&4 Rock Left forward,  $\frac{1}{2}$  Right turn (6.00) step onto Right,  $\frac{1}{2}$  Right turn (12.00) step Left back, lock Right over Left, step Left back  
5 6 7&8 Rock Right Back, recover Left, step Right forward, lock Left behind Right, step Right forward
- 1 2  $\frac{1}{4}$  Right turn (3.00) step Left forward,  $\frac{1}{4}$  Left turn (12.00) recover Left  
3&4 Step Left to left, step Right beside, step Left to left  
5 6  $\frac{1}{4}$  Left turn (9.00) step Right forward,  $\frac{1}{4}$  Right turn (12.00) recover Right  
7&8 Step Right to right, step Left beside, step Right to right
- 1 2 3 4 Rock Left forward,  $\frac{1}{4}$  Right turn recover Right, rock Left forward,  $\frac{1}{4}$  Right turn recover Right  
1 2 3 4 Rock Left forward,  $\frac{1}{4}$  Right turn recover Right, rock Left forward,  $\frac{1}{4}$  Right turn recover Right

## **\*\*Tag 48 count:**

- 1 2 3 4 Step Left forward and spread both up  
5 6 7 8 Step Right forward and spread down both down
- 1&2 3&4 Jump on Left and push right hip up and down, Jump on Right and push Left hip up and down,  
5&6 7&8 Repeat above

**\*\*Do the above eight counts 4 more times, turning  $\frac{1}{4}$  Left turn for each time**