

Candida Remix

拍数: 64 墙数: 4 级数: Phrased High Beginner
编舞者: Kenny Teh (MY) - August 2020
音乐: 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**