Candida Remix

拍數: 64	牆數: 4	級數: Phrased High Beginner	

編舞者: Kenny Teh (MY) - August 2020

音樂: 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 Rightt, 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, ¼ Left turn (9.00) step Right back, step Left, cross Right over Left
5 6 7 8	Cross Left over Right, ¼ 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, ½ Right turn (6.00) step onto Right, ½ 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	¼ Right turn (3.00) step Left forward, ¼ Left turn (12.00) recover Left
3&4	Step Left to left, step Right beside, step Left to left
5 6	¼ Left turn (9.00) step Right forward, ¼ 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, ¼ Right turn recover Right, rock Left forward, ¼ Right turn recover Right
1 2 3 4	Rock Left forward, ¼ Right turn recover Right, rock Left forward, ¼ 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 ¼ Left turn for each time