CANDIDA

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752. Email: rounds-by-russ@comcast.net

MUSIC: MP3 Download Amazon.com "Candida" Artist: Tony Orlando and Dawn

FOOTWORK: Opposite For Woman Except Where Noted

NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable

RHYTHM: CHA, CHA

DANCE LEVEL: Phase V

SPEED: 42 RPM

RELEASED: AUGUST 2011

SEQUENCE: INTRO – A – B – INT – A – B (MOD) – C – END

INTRO

1 – 4

IN BTFY FCNG “CTR” WAIT;  OPN BRK;  WHIP – WALL;

(Open Brk) Rlsgn trail hnds bk L shooting rt arm up, rcrv R to BTFY, sd L/clo R, sd L;  (Whip – Wall) Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY/COH, sd R/clo L, sd R;  (Woman crossing in fnt of Man fwd L, trng ½ lft fc bk R to fc Man, sd L/clo R, sd L:)

PART A

1 – 9

½ BASIC;  FAN;  STOP N’ GO HCKYSTIK;;  ALEMANA FRM FAN;;  HND TO HND – TWICE;;  OPN BRK;

(½ Basic) Fwd L, rcrv R, bk L/clo R, bk L;  (Fan) Bk R, rcrv L, in plc R/L,R to FAN POSITION;  (Woman fwd L, rlsng trail hnds trng ¼ lft fc sd & bk R, bk L/crck R, bk L:)  (Stop N’ Go Hckystik) Fwd L, rcrv R, in plc R/L,R;  catch Woman on her back with rt hnd cross R in fnt, rcrv L, in plc R/L,R to FAN Position;  (Woman clo R, fwd L, fwd R/fwd L, trng ¼ rt fc undr lead hnds cross bk R; bk L, rcrv R, fnd L/fwd R, trng ½ rt fc undr lead hnds bk L;)

(Alemana Frm Fan) Fwd L, rcrv R, in plc R/L,R; rlsng trail hnds cross R bhnd, rcrv L, sd R/clo L, sd R to BTFY/WALL;  (Woman clo R to fnd L, fnd L, fnd R/clo L, fnd R trng ¾ rt fc to fc Man; trng ½ rt fc undr lead hnds cross L in fnt, trng ½ rt fc rcrv rcrv R, sd L/clo R, sd L:)  (Hnd To Hnd - Twice) Rlsgn lead hnds trng ¾ lft fc bk L, trng ¼ rt fc rcrv R to BTFY, sd L/clo R, sd L;  rlsng trail hnds trng ¾ rt fc bk R, trng ¼ lft fc rcrv L to BTFY, sd R/clo L, sd R;  (Open Brk) Rlsgn trail hnds bk L shooting rt arm up, rcrv R to BTFY, sd L/clo R, sd L;

10 – 16

WHIP & TWL – CTR;  N-YRKR;  SPT TRN;  OPN BRK;  WHIP WALL;  HND TO HND;  SPT TRN;

(Whip & Twl – Ctr) Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY/COH, sd R/clo L, sd R;  (Woman crossing in fnt of Man fwd L, trng ½ lft fc bk R to fc Man, undr lead hnds twl full lft fc trn in plc L/R,L:)  (N-Yrkr) Rlsgn trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcrv R to BTFY, sd R/clo L, sd L;  (Spt Trn) Rlsgn lead hnds trng ¼ lft fc bk R, trng ¼ rt fc rcrv L to BTFY, sd L/clo L, sd L;  (Whip – Wall) Cross trail hnds ovr lead hnds trng ¼ lft fc bk R, trng ¼ lft fc fwd L to BTFY/COH, sd R/clo L, sd R;  (Woman crossing in fnt of Man fwd L, trng ½ lft fc bk R to fc Man, sd L/clo R, sd L;  (Hnd To Hnd) Rlsgn lead hnds trng ¼ lft fc bk L, trng ¼ rt fc rcrv R to BTFY, sd L/clo L, sd L;

PART B

1 – 7

OPN BRK;  UNDRARM TRN;  TO RVS AIDA;  SWITCH RK;  TO RVS CRABWLK – TWICE;;  FNCLINE IN -4;

(Open Brk) Rlsgn trail hnds bk L shooting rt arm up, rcrv R to BTFY, sd L/clo R, sd L;  (Undarrm Trn) Rlsgn trail hnds cross R bhnd, rcrv L to BTFY, sd R/clo L, sd R;  (Woman pvntng ¼ rt fc on R undr lead hnds cross L in fnt, pvntng ¼ rt rt fc rcrv R to BTFY, sd L/clo R, sd L;)  (To Rvs Aida) Cross lead hnds ovr trail hnds trng ¼ rt fc thru L, rlsng lead hnds & trng 5/8 rt fc bk R to “V” bk to bk position to fc LOD, bk L/clo R, bk L;  (Switch Rk) Arcing trail hnds up & twds RLOD trng 5/8 rt fc sd R to BTFY/WALL, rcrv L, twds RLOD sd R/clo L, sd R;  (To Rvs Crabwlk – Twc) Staying in BTFY/WALL thru R, sd L, thru R/sd L, thru L;  sd R, thru L, rcrv L, sd L/clo R, sd L;  (Fncline In -4) Staying in BTFY/WALL thru-lunge L, rcrv R, sd R, sd L/clo R, sd L;

8 – 14

SLO MERENGENE – HND SHK;  OPN HIP TWST;  FAN;  HCKYSTIK;;  OPN BRK;  UNDRARM TRN;

(Slo Merenigue – Hnd Shk) Swiv L;  dwr-cllo R to HND SHK/WALL;  (Open Hip Twst) Fwd L, rcrv R, bk L/clo R, bk L;  (Woman trng ¼ rt fc bk bk R, trng ¼ lft fc rcrv R, fnd L/fnd L, fnd-svrl V ¼ rt fc to fc LOD;)  (Fan) Bk R, rcrv L, in plc R/L,R to FAN POSITION;  (Woman fwd L, chngq to lead hnds jn’d trng ½ lft fc sd & bk R, bk L/ckr R, bk L:)  (Hckystik) Fwd L, rcrv R, in plc L/R,L;  bk R, rcrv R, diag out twds BTFY diag RLOD/WALL fnd L/clo R, fnd R;  (Woman clo R to fnd L, fnd L, fnd R/clo R, fnd R trng ½ lft fc undr lead hnds bk R, bk L/clo R, bk L:)  (Open Brk) Rlsgn trail hnds bk L shooting rt arm up, rcrv R to BTFY, sd L/clo R, sd R;

(Undarrm Trn) Rlsgn trail hnds cross R bhnd, rcrv L to BTFY, sd R/clo L, sd R;  (Woman pvntng ¼ rt fc on R undr lead hnds cross L in fnt, pvntng ½ rt rt fc rcrv R to BTFY, sd L/clo R, sd L;)

Other Notes:
CANDIDA

INT

1 – 2
DBL CUBANS;;

( Db1 Cubans) Staying in BTFY cross L in fmr/r/cvr R, sd L/r/cvr R, cross L in fmr/r/cvr R, sd L; cross R in fmr/r/cvr L, sd R/r/cvr L, cross R in fmr/r/cvr L, sd R;

REPEAT PART “A”

PART B (MOD)

1 – 7
OPN BRK; UNDRARM TRN; TO RVS AIDA; SWITCH RK; TO RVS CRABWLK – TWICE;; FNCLINE IN -4;

(OPn Brk) Rlsgn trail hnds bk L shooting rt arm up, rcrv R to BTFY, sd L/clo R, sd L; (Undrarm Trn) Rlsgn trail hnds cross R bhd, rcrv L to BTFY, sd R/clo L, sd R; (Woman pvtng ½ lft fc on R undr lead hnds cross L in fmrnt, pvtng ½ rt fc rcrv R to BTFY, sd L/clo R, sd L;) (To Rvs Aida) Cross lead hnds ovrl trail hnds trng ½ rt fc thru L, rlsng lead hnds & trng 5/8 rt fc bk R to “V” bk to bk position to fc LOD, bk L/clo R, bk L; (Switch Rk) Arcing trail hnds up & twds RLOD trng 5/8 rt fc sd R to BTFY/WALL, rcrv L, twds RLOD sd R/clo L, sd R; (To Rvs Crabwlk – Twice) Staying in BTFY/WALL thru R, sd L, thru R/sd L, thru R; sd L, thru R, sd L/clo R, sd L; (Fncline In -4) Staying in BTFY/WALL thru-lunge L, rcrv R, sd R, clo L;

8 – 14
SLO MERENGUE – HND SHK; OPN HIP TWST; FAN; HCKYSTIK;; OPN BRK; UNDRARM TRN;

(Slo Merengue – Hnd Shk) Swiv L, drw-clo R to HND SHK/WALL; (Opn Hip Twst) Fwd L, rcrv R, bk L/clo R, bk L; (Woman trng ¼ rt fc bk R, trng ¼ lft fc rcrv L, fwd R/clo L, fwd-lswvl R ¼ rt fc to fc LOD;) (Fan) Bk R, rcrv L, in pic R/L, R to FAN POSITION; (Woman fwr L, chngng to lead hnds jn’d trng ½ lft fc sd & bk R, bk L/ck R, bk L;) (Hckystik) Fwd L, rcrv R, in pic L/R/L, bk R, rcrv L, diag out twds BTFY diag RLOD/WALL fwr R/clo L, fwr L; (Opn Brk) Rlsgn trail hnds bk L shooting rt arm up, rcrv R to BTFY, sd L/clo R, sd L; (Undrarm Trn) Rlsgn trail hnds cross R bhd, rcrv L to BTFY, sd R/clo L, sd R; (Woman pvtng ½ lft fc on R undr lead hnds cross L in fmrnt, pvtng ½ rt fc rcrv R to BTFY, sd L/clo R, sd L;)

15
N-YRKR IN -4;

(N-Yrkr in -4) Rlsgn trail hnds & trng ¼ rt fc cross L in fmrnt, rcrv R to BTFY/WALL, sd L, clo R;

PART C

1 – 6
HND TO HND – TWICE;; BRK BK – OPN & CHA; SWIV -2 & CHA; SLIDING DOOR; CIR AWY -2 & CHA;

(Hnd To Hnd - Twice) Rlsgn lead hnds trng ¼ rt fc bk L, trng ¼ rt fc rcrv R to BTFY, sd L/clo R, sd L; rlsng trail hnds trng ¼ rt fc bk R, trng ¼ lft fc rcrv L to BTFY, sd R/clo L, sd R; (Brk Bk – Opn & Cha) Rlsgn lead hnds & trng ¼ lft fc bk L, rcrv R to OPN/LOD, fwr L/clo R, fwr L; (Swiv -2 & Cha) With swiv action fwr L, fwr L, fwrd R/clo L, fwr L; (Sliding Door – Twice) Sd L, rcrv R, bhd, Woman cross L in fmrnt/sd R, cross L in fmrnt to LOPN/LOD; (Cir Awy -2 & Cha) Rlsgn hnds trng 3/8 rt fc fwr L, fwr L, fwr R/clo L, fwr L;

7 – 12
BK TOG -2 & CHA – BFTY – CTR; TO RVS N-YRKR; OPN BRK; UNDRARM TRN; FNCLINE – TWICE;;

(Bk Tog -2 & Cha – Btfy - Ctr) Trngg 3/8 rt fc fwrd L, fwr R, fwrd R/clo L, fwr R to BTFY/COH; (To Rvs N-Yrkr) Rlsgn lead hnds trng 3/8 rt fc thru R, trng ¼ rt fc rcrv L to BTFY/COH, sd R/clo L, sd R; (Opn Brk) Rlsgn trail hnds bk L shooting rt arm up, rcrv R to BTFY/COH, sd L/clo R, sd L; (Undrarm Trn) Rlsgn trail hnds cross R bhd, rcrv L to BTFY/COH, sd R/clo L, sd R; (Woman pvtng ½ lft fc on R undr lead hnds cross L in fmrnt, pvtng ½ rt fc rcrv R to BTFY, sd L/clo R, sd L;) (Fncinline – Twice) Staying in BTFY/COH thru-lunge L, rcrv R, sd L/clo R, sd R; thru-lunge L, rcrv R, sd L/clo R, sd R;

13 – 16
OPN BRK; WHIP & TWL – WALL; N-YRKR; SPT TRN;

(Opn Brk) Rlsng hnds bk L shooting rt arm up, rcrv R to BTFY/COH, sd L/clo R, sd L; (Whip & Twl – Wall) Cross trail hnds ovrl lead hnds trng ½ lft fc bk r, trng ½ lft fc fwr L to BTFY/WALL, sd R/clo L, sd R; (Woman crossing in fmrnt of Man fwr L, trng ½ lft fc bk R to fc Man, undr lead hnds twl full lft fc trn in pic L/R, R, L;) (N-Yrkr) Rlsgn trail hnds trng ¼ rt fc thru L, trng ¼ lft fc rcrv L to BTFY, sd L/clo R, sd L; (Spt Trn) Rlsng hnds trng ½ lft fc thru R, pvt ½ rt fc rcrv L to BTFY/WALL, sd R/clo L, sd R;
1 – 7  **OPN BRK; UNDRARM TRN; TO RVS AIDA; SWITCH RK; TO RVS CRABWLK – TWICE;; FNCLINE IN -4;**

**[Open Brk]**  Rlsng trail hnds bk L shooting rt arm up, rcvr R to BTFY, sd L/clo R, sd L;

**[Undrarm Trn]**  Rlsng trail hnds cross R bhd, rcvr L to BTFY, sd R/clo L, sd R;

**[Woman pvtng ½ lft fc on R undr lead hnds cross L in frnt, pvtng ½ rt fc rcvr R to BTFY, sd L/clo R, sd L;]**

**[To Rvs Aida]**  Cross lead hnds ovr trail hnds trng ¼ rt fc thru L, rlsng lead hnds & trng 5/8 rt fc bk R to “V” bk to bk position to fc LOD, bk L/clo R, bk L;

**[Switch Rk]**  Arcing trail hnds up & twds RLOD trng 5/8 rt fc sd R to BTFY/WALL, rcvr L, twds RLOD sd R/clo L, sd R;

**[To Rvs Crabwlk – Twice]**

Staying in BTFY/WALL thru R, sd L, thru R/sd L, thru R; sd L, thru R, sd L/clo R, sd L;

**[Fncline In -4]**

Staying in BTFY/WALL thru-lunge L, rcvr R, sd R, clo L;

8 – 13  **SLO MERENGE – HND SHK; OPN HIP TWST; FAN; HCKYSTIK;; TO RVS RUMB AIDA & HOLD;**

**[Slo Merengue – Hnd Shk]**  Swiv L; drw-clo R to HND SHK/WALL;

**[Opn Hip Twst]**  Fwd L, rcvr R, bk L/clo R, bk L;

**[Woman trng ¼ rt fc bk R, trng ¼ lft fc rcvr L, fwd R/clo L, fwd-swiv R ¼ rt fc to fc LOD;]**

**[Fan]**  Bk R, rcvr L, in plc R/L,R to FAN POSITION;

**[Woman fwd L, chngng to lead hnds jn’d trng ½ lft fc sd & bk R, bk L/lck R, bk L;]**

**[Hckystik]**  Fwd L, rcvr R, in plc L/R,L; bk R, rcvr L, diag out twds BTWY diag RLOD/WALL fwd R/clo L, fwd R;

**[Woman clo R to L, fwd L, fwd R/clo L, fwd R; fwd L, trng 5/8 lft fc undr lead hnds bk R, bk L/clo R, bk L;]**

**[To Rvs Rumba Aida & Hold]**

Cross lead hnds ovr trail hnds trng ¼ rt fc thru L, rlsng lead hnds & trng 5/8 lft fc bk R to “V” bk to bk position, bk L to fc LOD & Hold-;