

# CANDIDA

**SONG:** Candida by Tony Orlando and Dawn.

Also available on Jan's cd 'Good Old Line Dance Music' Disc 18 See web site below

**CHOREOGRAPHER:** Jan Wyllie, 4 Pebble Court, Torquay, Hervey Bay, 4655 Qld., Australia

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**DANCE:** 32 counts, 2 walls, Easy Int. 128 bpm. Start on vocals, Choreo July 2004

**ONE RESTART**

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## STEPS PATTERN OF DANCE

### **Touch Hold, Rock Return, Shuffle Fwd, Step Pivot 1/2 Right**

- 1,2 Touch R toe fwd, Hold  
3,4 Rock/step back on R, Rock fwd on L  
5&6 Shuffle fwd R,L,R  
7,8 Step fwd on L, Pivot 1/2 right transferring wt to R

### **Touch Hold, Rock Return, Shuffle Fwd, Step Pivot 1/2 Left**

- 9,10 Touch L toe fwd, Hold  
11,12 Rock/step back on L, Rock fwd on R  
13&14 Shuffle fwd L,R,L  
15,16 Step fwd on R, Pivot 1/2 left transferring wt to L

### **Cross/Rock Return, Shuffle Right, Cross/Rock Return, Shuffle 1/4 Left**

- 17,18 Cross/rock R over L, Return wt to L  
19&20 Shuffle to the right R,L,R  
21,22 Cross/rock L over R, Return wt to R  
23&24 Making 1/4 left shuffle fwd L,R,L

### **Step Fwd 1/4 Left Step Together, Step Touch Clap, Step L R Together, Step Touch Clap**

- 25,26 Step fwd on R and make 1/4 left, Step L beside R  
27,28 Step R to right, Touch L beside R and clap hands  
29,30 Step L to left side, Step R beside L  
31,32 Step L to left, Touch R beside L and clap hands

*\*Use your hips in the above sequence*

**\*There is a restart on wall 8 after count 28.**

**This just means you have to step L beside R instead of touching - restart dance**

*This is an easy little dance with a good feel, thanks to the music 'Candida', the song is definitely a golden oldie because I can remember it from my youth... and I'm a golden oldie!*

*These days candida is a terrible yeast infection (candida albicans) that some people suffer with - I can't remember it being around when this song was written. Hope not, or the words take on a whole new meaning.... let's not go there!*

*Hope you enjoy the simple steps and the feel of the music as you dance them. I certainly did.  
See you on the floor sometime..... Jan*



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