Candi Cha (蜜糖年代) (zh)

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Gary Lafferty (UK) - 2007年03月
Music: Young Hearts Run Free - Candi Staton

前奏： 16-count intro 16拍開始起跳

第一段

Right Kick-Ball-Change , Step Forward , Touch/Clap ; Left Shuffle Back , Rock Step 右踢交叉交換, 前踏, 點/拍手, 左後交換, 下沉回復

1&2	Kick Right Foot Forward , Step On Right Foot Beside Left , Step Left Foot Slightly Forward 右足前踢, 右足併踏, 左足略前踏
3-4	Step Forward On Right Foot , Touch Left Foot Beside Right / Clap Hands 右足前踏, 左足併點/拍手
5&6	Step Back On Left Foot , Step On Right Foot Beside Left , Step Back On Left Foot 左足後踏, 右足併踏, 左足後踏
7-8	Rock Back On Right Foot , Recover Weight Onto Left Foot 右足後下沉, 左足回復

第二段

Skate Right, Skate Left, Right Diagonal Shuffle ; Cross-Rock, Recover, Left Side-Shuffle 右滑冰, 左滑冰, 右斜交換, 交叉下沉回復, 左交換

1-2	Skate Right Foot Forward , Skate Left Foot Forward 右足前滑冰步, 左足前滑冰步
3&4	Step Diagonally-Forward Right On Right , Step On Left Beside Right , Step Diagonally-Forward Right On Right 右足右前斜角線踏, 左足併踏, 右足右前斜角線踏
5-6	Cross-Rock Left Foot Over Right , Recover Weight Back Onto Right Foot 左足於右足前交叉下沉, 右足回復
7&8	Step To Left On Left Foot , Step On Right Foot Beside Left , Step To Left On Left Foot 左足左踏, 右足併踏, 左足左踏

第三段

Cross-Rock , Recover , ¼ Turn Shuffle Forward ; Rock Forward , Recover , Left Coaster 交叉下沉回復, 1/4轉交換, 前下沉回復, 左海岸步

1-2	Cross-Rock Right Foot Over Left , Recover Weight Back Onto Left Foot 右足於左足前交叉下沉, 左足回復
3&4	Turn ¼ Right Stepping Forward Onto Right , Step On Left Foot Beside Right , Step Forward On Right Foot 右轉90度右足前踏, 左足併踏, 右足前踏
5-6	Rock Forward On Left Foot , Recover Weight Back Onto Right Foot 左足前下沉, 右足回復
7&8	Step Back On Left Foot , Step On Right Foot Beside Left , Step Forward On Left Foot 左足後踏, 右足併踏, 左足前踏

第四段

Step Right , Touch/Click , Step Left , Touch Click ; Walk Around (Your Handbag) 右踏, 點/彈手指, 左踏, 點/彈手指, 繞走

1-2	Step Right Foot To Right Side , Touch Left Diagonally-Forward Left (Click Fingers If You Want) 右足右踏, 左足左斜角線前點(彈手指)
3-4	Step Down Onto Left Foot , Touch Right Foot Diagonally-Forward Right (Again Clicking If You Want) 左足踏, 右足右斜角線前點(彈手指)

5-8	Walk Around Over Your Right Shoulder Making A Full Turn (Around Your Handbag!) On Right-Left-Right-Left 右走步繞轉一圈-右, 左, 右, 左