

Candi Cha

32-count 4-wall beginner/improver-level line dance

Choreographed by Gary Lafferty

Music : "Young Hearts Run Free" by Candi Staton (16-count intro, 114bpm)



RIGHT KICK-BALL-CHANGE , STEP FORWARD , TOUCH/CLAP ; LEFT SHUFFLE BACK , ROCK STEP

- 1&2 Kick Right foot forward , step on Right foot beside Left , step Left foot slightly forward
- 3-4 Step forward on Right foot , touch Left foot beside Right / clap hands
- 5&6 Step back on Left foot , step on Right foot beside Left , step back on Left foot
- 7-8 Rock back on Right foot , recover weight onto Left foot

SKATE RIGHT, SKATE LEFT, RIGHT DIAGONAL SHUFFLE ; CROSS-ROCK, RECOVER, LEFT SIDE-SHUFFLE

- 1-2 Skate Right foot forward , skate Left foot forward
- 3&4 Step diagonally-forward Right on Right , step on Left beside Right , step diagonally-forward Right on Right
- 5-6 Cross-rock Left foot over Right , recover weight back onto Right foot
- 7&8 Step to Left on Left foot , step on Right foot beside Left , step to Left on Left foot

CROSS-ROCK , RECOVER , ¼ TURN SHUFFLE FORWARD ; ROCK FORWARD , RECOVER , LEFT COASTER

- 1-2 Cross-rock Right foot over Left , recover weight back onto Left foot
- 3&4 Turn ¼ Right stepping forward onto Right , step on Left foot beside Right , step forward on Right foot
- 5-6 Rock forward on Left foot , recover weight back onto Right foot
- 7&8 Step back on Left foot , step on Right foot beside Left , step forward on Left foot

STEP RIGHT , TOUCH/CLICK , STEP LEFT , TOUCH CLICK ; WALK AROUND (YOUR HANDBAG)

- 1-2 Step Right foot to Right side , touch Left diagonally-forward Left (*click fingers if you want*)
- 3-4 Step down onto Left foot , touch Right foot diagonally-forward Right (*again clicking if you want*)
- 5-8 Walk around over your Right shoulder making a full turn (around your handbag!) on Right-Left-Left-Right

START AGAIN

Music available on various Candi Staton & compilation albums (try HMV or Amazon for cheap ones), or from Itunes
Alternative floor-splits – "Islands In The Stream" or "Be Strong"