

# LDEX Syllabus - April 2016

Dancepooh (Fri) & Carefirst (Wed, Thur & Sat)

Red – Compulsory Dances (No Walk Thru)

Black – Walk Thru Once

	Week One	Week Two	Week Three	Week Four
<b>Section 1</b> (50 min)	<p>Mamma Maria EZ Uma Thurman YMCA</p> <ol style="list-style-type: none"> <li>Ah Si</li> <li>Cuban Shuffle</li> <li>Lindi Shuffle</li> <li>Bang Bang (EZ)</li> <li>Saturday Night Fever</li> <li>A Tiny Waltz</li> <li>EZ Tango</li> <li>Charleston</li> <li>Polka</li> <li>EZ Circle Cha Cha</li> </ol>	<p>Little Apple EZ EZ C'm On Everybody Blue Rose Is</p> <ol style="list-style-type: none"> <li>Chaka Chaka</li> <li>Electric Slide</li> <li>Come On And Dance</li> <li>Little Rumba</li> <li>CaiCaiCai</li> <li>She Bangs</li> <li>EZ Uma Thurman</li> <li>Lindi Shuffle</li> <li>EZ I Swear</li> <li>EZ Circle Cha Cha</li> </ol>	<p>Angry Bird Mamma Maria Kung Fu Fighting A</p> <ol style="list-style-type: none"> <li>Disco</li> <li>Charleston</li> <li>Mambo 1</li> <li>40 Steps</li> <li>A Happy Cha</li> <li>EZ Uma Thurman</li> <li>Sexy Cha</li> <li>Stroll Along Cha Cha</li> <li>The Lemon Tree</li> <li>K Step Boogie</li> </ol>	<p>EZ Uma Thurman YMCA Mamma Maria</p> <ol style="list-style-type: none"> <li>Pooh's 16 Steps</li> <li>Electric Slide</li> <li>Cowgirls Twist</li> <li>Bang Bang (EZ)</li> <li>First Waltz</li> <li>Young Enough</li> <li>Kung Fu Fighting B</li> <li>Samba 1</li> <li>EZ Cheeky Cha</li> <li>CaiCaiCai</li> </ol>
<b>Section 2</b> (50 min)	<p>Mamma Maria EZ Uma Thurman Macarena</p> <ol style="list-style-type: none"> <li>Start to Mambo</li> <li>Little Rock Cha Cha</li> <li>When</li> <li>Cowgirls Twist</li> <li>Disco</li> <li>K Step Boogie</li> <li>Sexy Cha</li> <li>Pooh's Merengue</li> <li>Young Enough</li> <li>King Fu Fighting A</li> </ol>	<p>Little Apple EZ Slosh CaiCaiCai</p> <ol style="list-style-type: none"> <li>EZ Cha Cha</li> <li>Start To Waltz</li> <li>Samba 1</li> <li>EZ I Swear</li> <li>Start To Sway</li> <li>Canadian Stomp</li> <li>Struttin'</li> <li>Ah Si</li> <li>Kung Fu Fighting A</li> <li>Polka</li> </ol>	<p>EZ C'm On Everybody Saturday Night Fever EZ Hands Up</p> <ol style="list-style-type: none"> <li>Wobble</li> <li>Pooh's Merengue</li> <li>EZ Tango</li> <li>When</li> <li>EZ Cheeky Cha</li> <li>The Locomotion</li> <li>A Little Cha</li> <li>Blue Rose Is</li> <li>Little Rumba Cha</li> <li>EZ Circle Cha Cha</li> </ol>	<p>Little Apple EZ Slosh Blue Rose Is</p> <ol style="list-style-type: none"> <li>EZ Cha Cha</li> <li>Lindi Shuffle</li> <li>Ghost Train</li> <li>Mambo 1</li> <li>40 Steps</li> <li>Man Chang Fei</li> <li>Polka</li> <li>Start To Waltz</li> <li>Kung Fu Fighting AB</li> <li>EZ C'm On Everbody</li> </ol>