

LDEX Syllabus - August 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
Section 1 (50 min)	<p>EZ Hands Up Come On And Dance Little Apple EZ</p> <ol style="list-style-type: none"> 1. Sexy Cha 2. Charleston 3. Jo N Jo Tango 4. Ghost Train 5. Tush Push 6. Lindi Shuffle 7. Start To Waltz 8. 40 Steps 9. Por Ti Sere 10. EZ Uma Thurman 	<p>Little Apple EZ Run Baby YMCA</p> <ol style="list-style-type: none"> 1. Clap Your Hands 2. Start To Waltz 3. Chaka Chaka 4. EZ Tango 5. Little Rumba 6. EZ Cha Cha 7. EZ C'm On Everybody 8. Polka 9. Man Cheng Fei 10. EZ Circle Cha 	<p>Saturday Night Fever Heat The Beat Angry Bird</p> <ol style="list-style-type: none"> 1. A Little Cha 2. Start To Sway 3. The Lemon Tree 4. Little Waltz 5. Electric Slide 6. Little Rumba Cha 7. Country As Can Be 8. She Bangs 9. Blue Rose Is 10. Duck Shop 	<p>EZ Uma Thurman Lindi Shuffle K Step Boogie</p> <ol style="list-style-type: none"> 1. Ah Si 2. Canadian Stomp 3. EZ Cheeky Cha 4. Mambo 1 5. A Tiny Waltz 6. Baby Bang (EZ) 7. Baby Dolly 8. EZ Tango 9. Morning Sha La La 10. 40 Stpes
Section 2 (50 min)	<p>Lindi Shuffle EZ Uma Thurman Angry Bird</p> <ol style="list-style-type: none"> 1. When 2. Little Rumba 3. Chaka Chaka 4. EZ Tango 5. First Waltz 6. Come On And Dance 7. Clap Your Hands 8. J Ho AB 9. Polka 10. Run Baby 	<p>EZ C'm On Everybody J Ho AB Man Cheng Fei</p> <ol style="list-style-type: none"> 1. 40 Steps 2. Sexy Cha 3. Ghost Train 4. Tush Push 5. Charleston 6. Jo N Jo Tango 7. Por Ti Sere 8. First Waltz 9. EZ Circle Cha 10. Angry Bird 	<p>Blue Rose Is Tush Push Little Apple EZ</p> <ol style="list-style-type: none"> 1. Samba 1 2. Start To Mambo 3. Baby, Just A Kiss 4. A Tiny Cha Cha 5. Disco 6. Pooh's Merengue 7. Cowgirls Twist 8. Mamma Maria 9. EZ C'm On Everybody 10. Stroll Along Cha Cha 	<p>Run Baby Clap Your Hands Cuban Shuffle</p> <ol style="list-style-type: none"> 1. Lipstick, Power & Paint 2. Por Tie Sere 3. Young Enough 4. A Happy Cha 5. Little Rock Cha Cha 6. Tush Push 7. EZ I Swear 8. YMCA 9. Dancing In The Street 10. EZ Circle Cha