

# Carefirst LDEX Syllabus - December 2016

Thursday (Elsa), Saturday (Dodo)

**Red – Compulsory Dances (No Walk Thru)**

**Black – Walk Thru Once**

	Week One	Week Two	Week Three
<b>Section 1</b> (50 min)	<b>Electric Slide</b> <b>Little Rumba</b> <b>EZ C'm On Everybody</b> 1. Ah Si 2. EZ Hands Up 3. A Happy Cha (org) 4. EZ Tango 5. Mambo 1 6. Tush Push 7. Rose Rose I Love You 8. EZ Cha Cha 9. Jo N Jo Tango 10. Summer Wine	<b>Cowgirls Twist</b> <b>EZ Uma Thurman</b> <b>Rose Rose I Love You</b> 1. Pooh's Merengue 2. Baby, Just A Kiss 3. First Waltz 4. When 5. Little Rock Cha Cha 6. EZ Tango 7. Angry Birds 8. Electric Slide 9. Polka 10. Qiao Qiao Men 敲敲门	<b>Pooh's Merengue</b> <b>EZ Cha Cha</b> <b>Angry Birds</b> 1. Rio 2. Little Quizas (no turns) 3. Start To Waltz 4. A Little Waltz (org) 5. Summer Wine 6. Mambo 1 7. Man Chang Fei 8. Jo N Jo Tango 9. EZ Circle Cha Cha 10. Little Apple EZ
<b>Section 2</b> (50 min)	<b>EZ Hands Up</b> <b>A Happy Cha (org)</b> <b>Tush Push</b> 1. Charleston 2. Qiao Qiao Men 敲敲门 3. 40 Steps 4. Come Dance With Me 5. Start To Waltz 6. Samba 1 7. EZ Uma Thurman 8. EZ NC2 – 16/32 9. Cowgirls Twist 10. Little Apple EZ	<b>Angry Bird</b> <b>EZ C'm On Everybody</b> <b>Jo N Jo Tango</b> 1. Come Dance With Me 2. Man Chang Fei 3. A Little Waltz (org) 4. EZ Tango 5. EZ NC2 – 16/32 6. Little Rumba 7. Samba 1 8. A Happy Cha (org) 9. 40 Steps 10. Tush Push	<b>40 Steps</b> <b>Start To Waltz</b> <b>Little Rumba</b> 1. Little Quizas (no turns) 2. A Little Waltz (org) 3. A Happy Cha (org) 4. Little Rock Cha Cha 5. Electric Slide 6. Ah Si 7. EZ NC2 – 16/32 8. EZ Cha Cha 9. EZ Uma Thurman 10. Rio