

# LDEX Syllabus - February 2016

Dancepooh (Tues & 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>EZ Hands Up                      Angry Bird                      EZ C'm On Everybody                      Mamma Maria</p> <ol style="list-style-type: none"> <li>1. Charleston</li> <li>2. A Little Cha</li> <li>3. Cuban Shuffle</li> <li>4. Bang Bang (EZ)</li> <li>5. Saturday Night Fever</li> <li>6. A Tiny Waltz</li> <li>7. Young Enough</li> <li>8. Pooh 16 Steps</li> <li>9. Ah Si</li> <li>10. Polka</li> </ol>	<p>Little Apple EZ                      Blue Rose Is                      EZ Hands Up</p> <ol style="list-style-type: none"> <li>1. Chaka Chaka</li> <li>2. Electric Slide</li> <li>3. Come On And Dance</li> <li>4. Little Rumba</li> <li>5. Little Rock Cha Cha</li> <li>6. CaiCaiCai B</li> <li>7. Bang Bang (EZ)</li> <li>8. K Step Boogie</li> <li>9. When</li> <li>10. Lindi Shuffle</li> </ol>	<p>EZ Hands Up                      Angry Bird                      EZ C'm On Everybody                      Mamma Maria</p> <ol style="list-style-type: none"> <li>1. Canadian Stomp</li> <li>2. Disco</li> <li>3. Charleston</li> <li>4. Young Enough</li> <li>5. A Tiny Waltz</li> <li>6. A Little Cha</li> <li>7. CaiCaiCai B</li> <li>8. Start To Mambo</li> <li>9. Wobble</li> <li>10. The Lemon Tree</li> </ol>	<p>Little Apple EZ                      Blue Rose Is                      EZ Hands Up</p> <ol style="list-style-type: none"> <li>1. Saturday Night Fever</li> <li>2. Bang Bang (EZ)</li> <li>3. Start To Waltz</li> <li>4. Electric Slide</li> <li>5. Ah Si</li> <li>6. Disco</li> <li>7. Country As Can Be</li> <li>8. Charleston</li> <li>9. CaiCaiCai Tag A / B</li> <li>10. Polka</li> </ol>
<b>Section 2</b> (50 min)	<p>Little Apple EZ                      YMCA                      J Ho AB                      Macarena</p> <ol style="list-style-type: none"> <li>1. Start To Mambo</li> <li>2. Ah Si</li> <li>3. EZ Cha Cha</li> <li>4. When</li> <li>5. Cowgirls Twist</li> <li>6. Disco</li> <li>7. K Step Boogie</li> <li>8. CaiCaiCai Tag + A</li> <li>9. Pooh's Merengue</li> <li>10. Young Enough</li> </ol>	<p>YMCA                      Angry Birds                      EZ C'm On Everybody</p> <ol style="list-style-type: none"> <li>1. Start To Mambo</li> <li>2. A Little Cha</li> <li>3. Wobble</li> <li>4. Saturday Night Fever</li> <li>5. EZ Cha Cha</li> <li>6. Start To Waltz</li> <li>7. Ah Si</li> <li>8. Pooh 16 Steps</li> <li>9. CaiCaiCai Tag + A</li> <li>10. Polka</li> </ol>	<p>Little Apple EZ                      YMCA                      J Ho AB                      Macarena</p> <ol style="list-style-type: none"> <li>1. EZ Cha Cha</li> <li>2. Cuban Shuffle</li> <li>3. Pooh's Merengue</li> <li>4. Chaka Chaka</li> <li>5. Start To Sway</li> <li>6. Cowgirls Twist</li> <li>7. K Step Boogie</li> <li>8. CaiCaiCai C</li> <li>9. Little Rumba Cha</li> <li>10. Polka</li> </ol>	<p>YMCA                      Angry Birds                      EZ C'm On Everybody</p> <ol style="list-style-type: none"> <li>1. Wobble</li> <li>2. Country As Can Be</li> <li>3. EZ Cha Cha</li> <li>4. When</li> <li>5. K Step Boogie</li> <li>6. Sexy Cha</li> <li>7. Start To Sway</li> <li>8. A Tiny Cha Cha</li> <li>9. Lindi Shuffle</li> <li>10. CaiCaiCai C</li> </ol>