

# LDEX Syllabus - July 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)	<b>Macarena</b> <b>EZ Hands Up</b> <b>Little Apple EZ</b> 1. Ah Si 2. Lindi Shuffle 3. A Happy Cha 4. Country As Can Be 5. Baby, Just A Kiss 6. Cowgirl Twist 7. Run, Baby 8. Pooh's Merengue 9. Ez Tango 10. Ez Circle Cha Cha	<b>YMCA</b> <b>EZ C'm On Everybody</b> <b>Wobble</b> 1. Bang Bang EZ 2. A Tiny Cha Cha 3. Start To Mambo 4. Electric Slide 5. Canadian Stomp 6. The Locomotion 7. 40 Steps 8. Start To Waltz 9. EZ Hands Up 10. Mamma Maria	<b>EZ Uma Thurman</b> <b>Slosh</b> <b>J Ho AB</b> 1. Little Rock Cha Cha 2. Samba 1 3. Charleston 4. Sexy Cha 5. Heat The Beat 6. EZ I Swear 7. Polka 8. Duck Soup 9. K Step Boogie 10. EZ Tango	<b>Mamma Maria</b> <b>Angry Birds</b> <b>Clap Your Hands</b> 1. Come on and Dance 2. The Lemon Tree 3. Por Ti Sere 4. YMCA 5. Stroll Along Cha Cha 6. A Tiny Waltz 7. Country As Can Be 8. She Bangs 9. Ah Si 10. CaiCaiCai
<b>Section 2</b> (50 min)	<b>Mamma Maria</b> <b>CaiCaiCai</b> <b>Blue Rose Is</b> 1. Disco 2. EZ Cha Cha 3. Ghost Train 4. First Waltz 5. A Little Cha 6. Heat The Beat 7. Tush Push 8. Man Cheng Fei 9. Angry Birds 10. Chaka Chaka	<b>Com e On And Dance</b> <b>Man Cheng Fei</b> <b>Saturday Night Fever</b> 1. Clap Your Hands 2. Morning Sha La La 3. EZ Cheeky Cha 4. Wobble 5. EZ Uma Thurman 6. 40 Steps 7. J Ho AB 8. When 9. Little Rumba 10. Baby Dolly	<b>Run Baby</b> <b>Macarena</b> <b>Tush Push</b> 1. EZ C'm On Everybody 2. Bomp Easy 3. Lipstick, Power And Paint 4. Heat The Beat 5. Run Baby 6. Baby, Just A Kiss 7. Disco 8. Mambo 1 9. Jo & Jo Tango 10. Young Enough	<b>Little Apple EZ</b> <b>Cuban Shuffle</b> <b>EZ C'm On Everybody</b> 1. Ghost Train 2. Come Dance With Me 3. Baby Dolly 4. Dancing In The Street 5. EZ Cha Cha 6. Run Baby 7. Little Rumba Cha 8. Man Cheng Fei 9. Canadian Stomp 10. Tush Push