

LDEX Syllabus - March 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>Marcarena J Ho AB EZ C'm On Everybody Saturday Night Fever</p> <ol style="list-style-type: none"> Cowgirl Twist Electric Slide Start To Mambo Samba 1 Pooh's Merengue Chaka Chaka Cupid Shuffle Little Waltz Come On And Dance 	<p>Slosh EZ Hands Up Little Apple EZ Wobble</p> <ol style="list-style-type: none"> Country As Can Be 40 Steps Bang Bang (EZ) EZ Cha Cha Start To Sway Mamma Maria Charleston EZ Cm On Everybody Little Rumba Cha Mambo 1 	<p>YMCA Angry Bird Macarena</p> <ol style="list-style-type: none"> Samba 1 She Bangs Stroll Along Cha Cha Pooh's Merengue Cupid Shuffle The Lemon Tree Little Waltz Ghost Train Cowgirl Twist Lindi Shuffle 	<p>Little Apple EZ EZ C'm On Everybody Wobble</p> <ol style="list-style-type: none"> Chaka Chaka Come On And Dance The Lemon Tree Mamma Maria Charleston 40 Steps EZ Cha Cha Bang Bang (EZ) Country As Can Be EZ Circle Cha Cha
Section 2 (50 min)	<p>Macarena J Ho AB EZ C'm On Everbody Saturday Night Fever</p> <ol style="list-style-type: none"> Ah Si A Happy Cha K Step Boogie Blue Rose Is When Lindi Shuffle Canadian Stomp Disco CaiCaiCai Polka 	<p>Slosh EZ Hands Up Little Apple EZ Wobble</p> <ol style="list-style-type: none"> Young Enough Little Rock Cha Cha Little Rumba Electric Slide The Locomotion 40 Steps A Tiny Waltz Start To Mambo Ah Si CaiCaiCai 	<p>J Ho AB EZ C'm On Everybody Mamma Maria</p> <ol style="list-style-type: none"> A Little Cha Start To Sway Canadian Stomp Mambo 1 When Little Rumba Cha Blue Rose Is Start To Waltz CaiCaiCai Polka 	<p>Slosh Angry Bird CaiCaiCai</p> <ol style="list-style-type: none"> A Tiny Cha Cha Lindi Shuffle Ghost Train Start To Mambo Electric Slide Little Rumba The Locomotion She Bangs Samba 1 EZ Circle Cha Cha