

# LDEX Syllabus - May 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><br>(50 min) | <p>Run, Baby<br/>Macarena<br/>J Ho AB</p> <ol style="list-style-type: none"> <li>1. A Little Cha</li> <li>2. EZ Tango</li> <li>3. Ah Si</li> <li>4. The Locomotion</li> <li>5. Little Rock Cha Cha</li> <li>6. Saturday Night Fever</li> <li>7. Chaka Chaka</li> <li>8. A Tiny Waltz</li> <li>9. Mambo 1</li> <li>10. Man Chang Fei</li> </ol>                   | <p>Clap Your Hands<br/>EZ C'm On Everybody<br/>Angry Birds</p> <ol style="list-style-type: none"> <li>1. Electric Slide</li> <li>2. Baby Dolly</li> <li>3. Samba 1</li> <li>4. Wobble</li> <li>5. Canadian Stomp</li> <li>6. EZ I Swear</li> <li>7. When</li> <li>8. Country As Can Be</li> <li>9. The Lemon Tree</li> <li>10. First Waltz</li> </ol>                         | <p>EZ Hands Up<br/>Little Apple EZ<br/>J Ho AB</p> <ol style="list-style-type: none"> <li>1. Mamma Maria</li> <li>2. Lindi Shuffle</li> <li>3. Mambo 1</li> <li>4. EZ Tango</li> <li>5. Ghost Train</li> <li>6. Young Enough</li> <li>7. Sexy Cha</li> <li>8. Bang Bang (EZ)</li> <li>9. A Happy Cha</li> <li>10. Run, Baby</li> </ol> | <p>Tush Push<br/>EZ Uma Thurman<br/>Clap Your Hands</p> <ol style="list-style-type: none"> <li>1. Canadian Stomp</li> <li>2. K Step Boogie</li> <li>3. Come On And Dance</li> <li>4. A Tiny Waltz</li> <li>5. Cowgirls Twist</li> <li>6. Samba 1</li> <li>7. Por Ti Sere</li> <li>8. Stroll Along Cha Cha</li> <li>9. Start To Mambo</li> <li>10. CaiCaiCai</li> </ol> |
| <b>Section 2</b><br>(50 min) | <p>EZ C'm On Everybody<br/>Run, Baby<br/>Slosh</p> <ol style="list-style-type: none"> <li>1. Come On And Dance</li> <li>2. Cuban Shuffle</li> <li>3. A Tiny Cha Cha</li> <li>4. Baby Dolly</li> <li>5. EZ Uma Thurman</li> <li>6. Kung Fu Fighting A</li> <li>7. Little Rumba</li> <li>8. Charleston</li> <li>9. K Step Boogie</li> <li>10. She Bangs</li> </ol> | <p>EZ Uma Thurman<br/>CaiCaiCai<br/>Blue Rose Is</p> <ol style="list-style-type: none"> <li>1. EZ Cheeky Cha</li> <li>2. 40 Steps</li> <li>3. Cowgirls Twist</li> <li>4. Pooh's Merengue</li> <li>5. King Fu fighting A</li> <li>6. J Ho AB</li> <li>7. Lipstick, Power &amp; Paint</li> <li>8. Stroll Along Cha Cha</li> <li>9. Start To Waltz</li> <li>10. Polka</li> </ol> | <p>YMCA<br/>Macarena<br/>Wobble</p> <ol style="list-style-type: none"> <li>1. Charleston</li> <li>2. Disco</li> <li>3. Tush Push</li> <li>4. Man Chang Fei</li> <li>5. EZ Cha Cha</li> <li>6. Blue Rose Is</li> <li>7. Baby Dolly</li> <li>8. Struttin'</li> <li>9. Little Rock Cha Cha</li> <li>10. Kung Fu Fighting AB</li> </ol>    | <p>EZ Circle Cha Cha<br/>EZ C'm On Everybody<br/>Slosh</p> <ol style="list-style-type: none"> <li>1. Lipstick, Power &amp; Paint</li> <li>2. Little Rumba Cha</li> <li>3. When</li> <li>4. Pooh's Merengue</li> <li>5. 40 Steps</li> <li>6. Polka</li> <li>7. She Bangs</li> <li>8. Man Chang Fei</li> <li>9. Tush Push</li> <li>10. EZ I Swear</li> </ol>             |