

Carefirst LDEX Syllabus - November 2016

Thursday (Elsa), Saturday (Dodo)

Red – Compulsory Dances (No Walk Thru)

Black – Walk Thru Once

	Week One	Week Two	Week Three	Week Four
Section 1 (50 min)	K Step Boogie EZ Uma Thurman Electric Slide 1. Charleston 2. The Lemon Tree 3. Samba 1 4. She Bangs 5. A Happy Cha 6. 40 Steps 7. Come On And Dance 8. Sexy Cha 9. Mamma Maria 10. EZ C'm On Everybody	J Ho AB Cupid Shuffle Polka 1. Disco 2. Start To Sway 3. Country As Can Be 4. Tibet Love Song 套马杆 5. Rose Rose I Love You 6. Chaka Chaka 7. Blue Rose Is 8. Baby Dolly 9. YMCA 10. Mambo 1	Man Chang Fei Heat The Beat Young Enough 1. Pooh's Merengue 2. Little Rumba Cha 3. Little Rumba 4. The Locomotion 5. Baby, Just A Kiss 6. Country As Can Be 7. Colour of The Wind 8. Lipstick, Power & Paint 9. EZ Tango 10. Start to Mambo	Country As Can Be Ghost Train Pooh's Merengue 1. EZ Cheeky Cha 2. Qiao Qiao Men 敲敲门 3. Bang Bang (EZ) 4. Come Dance With Me 5. Jo n Jo Tango 6. 40 Steps 7. Por Ti Sere 8. Pitbull 9. Start To Waltz 10. Young Enough
Section 2 (50 min)	Mamma Maria EZ C'm On Everybody Slosh 1. Lindi Shuffle 2. J Ho AB 3. Little Rumba Cha 4. A Tiny Waltz 5. Polka 6. Cupid Shuffle 7. EZ Circle Cha 8. Struttin' 9. Emergency 10. Mambo 1	YMCA Chaka Chaka Mambo 1 1. EZ I Swear 2. First Waltz 3. EZ NC2 4. My Girl Sally 5. Don Play Play 6. Samba 1 7. Tush Push 8. Heat The Beat 9. Ghost Train 10. Little Rock Cha Cha	When EZ Cha Cha Little Apple EZ 1. Heat The Beat 2. EZ Cha Cha 3. A Little Waltz 4. Angry Birds 5. Whoops 6. Dancing In The Street 7. Cowgirls Twist 8. Ah Si 9. EZ Uma Thurman 10. Stroll Along Cha Cha	Tush Push EZ Hands Up Angry Birds 1. Bomp Easy 2. EZ NC2 3. EZ C'm On Everybody 4. When 5. K Step Boogie 6. Mambo 1 7. Clap Your Hands 8. Run Baby 9. Little Waltz 10. Summer Wine