

# LDEX Syllabus - October 2016

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>Run Baby</b> <b>Macarena</b> <b>Clap Your Hands</b> 1. When 2. Stroll Along Cha Cha 3. Tibet Love Song 4. Samba 1 5. 40 Steps 6. Cuban Shuffle 7. Ez C'm On Everybody 8. Whoops 9. EZ NC2 10. First Waltz	<b>Wobble</b> <b>Angry Birds</b> <b>Saturday Night Fever</b> 1. Dancing In The Street 2. Mambo 1 3. Colours of the Wind 4. Little Rock Cha Cha 5. Cuban Shuffle 6. Canadian Stomp 7. A Tiny Waltz 8. Little Apple EZ 9. Come On And Dance 10. Emergency	<b>Come On And Dance</b> <b>Qiao Qiao Men 敲敲门</b> <b>K Step Boogie</b> 1. Lipstick, Power & Paint 2. The Locomotion 3. Lindi Shuffle 4. Blue Rose Is 5. Baby, Just A Kiss 6. Dun Play Play 7. EZ Cheeky Cha 8. Jo N Jo Tango 9. Little Rumba 10. J Ho AB	<b>EZ Uma Thurman</b> <b>Tush Push</b> <b>EZ Cha Cha</b> 1. Come Dance With Me 2. Whoops 3. Disco Beat 4. Man Chang Fei 5. EZ Circle Cha 6. Saturday Night Fever 7. A Happy Cha 8. Start To Mambo 9. Por Ti Sere 10. Rose Rose I Love You
<b>Section 2</b> (50 min)	<b>Tibet Love Song 套马杆</b> <b>Pooh's Merengue</b> <b>Samba 1</b> 1. Start To Sway 2. Heat The Beat 3. Blue Rose Is 4. Morning Sha La La 5. Wobble 6. Angry Birds 7. Saturday Night Fever 8. Baby Dolly 9. Little Rumba Cha 10. EZ Tango	<b>Little Rock Cha Cha</b> <b>Cuban Shuffle</b> <b>EZ C'm On Everybody</b> 1. Qiao Qiao Men 敲敲门 2. Charleston 3. EZ I Swear 4. Polka 5. Struttin' 6. Young Enough 7. Start To Waltz 8. 40 Steps 9. A Little Cha 10. Bang Bang (EZ)	<b>Chaka Chaka</b> <b>Lipstick, Power &amp; Paint</b> <b>Disco</b> 1. Start To Mambo 2. Dun Play Play 3. EZ NC2 4. Ghost Train 5. Mamma Maria 6. Tush Push 7. 40 Steps 8. Charleston 9. Run, Baby 10. EZ Hands Up	<b>Lindi Shuffle</b> <b>YMCA</b> <b>Man Cheng Fei</b> 1. My Girl Sally 2. Baby Dolly 3. EZ Tango 4. Emergency 5. Country As Can Be 6. Baby, Just A Kiss 7. EZ Cha Cha 8. Mambo 1 9. Polka 10. Angry Birds