

LDEX Syllabus - September 2016

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)	Disco Man Cheng Fei EZ C'm On Everybody 1. Sexy Cha 2. Start To Waltz 3. Cupid Shuffle 4. Baby, Just A Kiss 5. Baby Dolly 6. 18 Steps 7. EZ I Swear 8. Mambo1 9. Dancing In The Street 10. EZ Circle Cha	EZ Uma Thurman Tush Push Pooh's Merengue 1. EZ Hands Up 2. She Bangs 3. EZ NC2 4. Ghost Train 5. When 6. Stroll Along Cha Cha 7. J Ho AB 8. Wobble 9. Morning Sha La La 10. Colours of the Wind	EZ Hands Up Wobble Young Enough 1. Qiao Qiao Men 敲敲门 2. Start to Mambo 3. A Tiny Waltz 4. Struttin' 5. The Locomotion 6. Cowgirls Twist 7. Tush Push 8. Blue Rose Is 9. Ah Si 10. Angry Birds	Little Apple EZ Heat The Beat Blue Rose Is 1. EZ Tango 2. Canadian Stomp 3. Little Rumba 4. Clap Your Hands 5. Disco Beat 6. 40 Steps 7. Little Rumba Cha 8. Tibet Love Song 套马杆 9. Bang Bang (EZ) 10. Little Waltz
Section 2 (50 min)	Mamma Maria Run, Baby Electric Slide 1. First Waltz 2. Ghost Train 3. A Little Cha 4. Come Dance With Me 5. Tush Push 6. Pooh's Merengue 7. K Step Boogie 8. Samba 1 9. Country As Can Be 10. EZ Tango	Lindi Shuffle YMCA Clap Your Hands 1. Cowgirls Twist 2. Disco Beat 3. Chaka Chaka 4. Tibet Love Song 套马杆 5. Lipstick Power & Paint 6. EZ Cheeky Cha 7. The Lemon Tree 8. Start to Sway 9. Bomp Easy	Angry Birds Samba 1 Ah Si 1. Tibet Love Song 套马杆 2. Heat The Beat 3. Polka 4. K Step Boogie 5. EZ Cha Cha 6. Little Apple EZ 7. Run Baby 8. A Happy Cha 9. Jo N Jo Tango 10. Duck Soup	K Step Boogie Polka Man Cheng Fei 1. Por Ti Sere 2. Little Rock Cha Cha 3. When 4. Qiao Qiao Men 敲敲门 5. EZ NC2 6. Polka 7. Young Enough 8. EZ C'm On Everybody 9. First Waltz 10. Charleston