

Carefirst LDEX Syllabus - February 2017

Location: Carefirst One-Stop Multi-Services Centre

Thursday (Elsa), Saturday (Dodo)

Time: 11:00am – 1:00pm

Red – Compulsory Dances (No Walk Thru)

Black – Walk Thru Once

	Week One	Week Two	Week Three	Week Four
Section 1 (50 min)	<p>Chaka Chaka Electric Slide YMCA</p> <ol style="list-style-type: none"> 1. Colour of the Wind 2. Start To Mambo 3. Whoops 4. Disco 5. EZ Cha Cha 6. Rio 7. Come Dance With Me 8. She Bangs 9. 40 Steps 10. Little Quizas 	<p>Cuban Shuffle Little Apple EZ Wobble</p> <ol style="list-style-type: none"> 1. Country As Can Be 2. Emergency 3. Baby Dolly 4. Start To Sway 5. Man Chang Fei 6. Charleston 7. First Waltz 8. Polka 9. Ah Si 10. EZ Cheeky Cha 	<p>EZ C'm On Everybody Man Chang Fei Angry Bird</p> <ol style="list-style-type: none"> 1. My Girl Sally 2. Bang Bang (EZ) 3. Little Rumba 4. Mamma Maria 5. Qiao Qiao Men 敲敲门 6. The Locomotion 7. 2 Butterflies 8. Rio 9. Samba 1 10. Jo N Jo Tango 	<p>Young Enough Polka Mamma Maria</p> <ol style="list-style-type: none"> 1. Tibet Love Song 套马杆 2. EZ NC2 3. Start To Waltz 4. Run, Baby 5. Colour of the Wind 6. 40 Steps 7. EZ Hands Up 8. Little Foxtrot 9. Dun Play Play 10. 2 Butterflies
Section 2 (50 min)	<p>EZ Uma Thurman A Happy Cha Dun Play Play</p> <ol style="list-style-type: none"> 1. Little Rumba Cha 2. Come On And Dance 3. The Lemon Tree 4. Ghost Train 5. Mambo 1 6. Baby, Just A Kiss 7. K Step Boogie 8. Canadian Stomp 9. Por Ti Sere 10. EZ Tango 	<p>Tush Push When Ghost Train</p> <ol style="list-style-type: none"> 1. Bang Easy 2. Disco Beat 3. EZ I Swear 4. DHSS 5. A Tiny Waltz 6. EZ C'm On Everybody 7. Rose Rose I Love You 8. EZ NC2 9. Pitbull 10. EZ Cake By the Ocean 	<p>Pooh's Merengue Samba 1 Cowgirls Twist</p> <ol style="list-style-type: none"> 1. Clap Your Hands 2. Lipstick, Power & Paint 3. Electric Slide 4. J Ho AB 5. Blue Rose Is 6. Angry Bird 7. Summer Wine 8. Waltz II 9. Morning Sha la la 10. Shroll Along Cha Cha 	<p>Lindi Shuffle Saturday Night Fever Little Rock Cha Cha</p> <ol style="list-style-type: none"> 1. A Little Waltz 2. A Little Cha 3. Cuban Shuffle 4. Baby Dolly 5. Sexy Cha 6. Dick Soup 7. Little Quizas 8. She Bangs 9. EZ Cha Cha 10. EZ Tango