

Carefirst LDEX Syllabus - January 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)	EZ Hands Up Angry Bird EZ Circle Cha Cha Charleston 1. Qiao Qiao Men 敲敲门 2. 40 Steps 3. A Happy Cha 4. DHSS 5. Little Quizas 6. Mambo 1 7. Dun Play Play 8. EZ Cake By The Ocean 9. Waltz II 10. Jo N Jo Tango	EZ Uma Thurman A Happy Cha Waltz II 1. Colours Of The Wind 2. 40 Steps 3. Clap Your Hands 4. EZ C'm On Everybody 5. EZ Hands Up 6. Little Rumba 7. Qiao Qiao Men 敲敲门 8. YMCA 9. The Lemon Tree 10. Charleston	Little Apple EZ (1 wall) Summer Wine 40 Steps 1. Rose Rose I Love You 2. A Little Waltz (org) 3. When 4. Samba 1 5. Waltz II 6. EZ Cake by the Ocean 7. Tush Push 8. 2 Butterflies 9. DHSS 10. Little Quizas	Rose Rose I Love You A Little Waltz Polka 1. Man Chang Fei 2. EZ Hands Up 3. Colours of the Wind 4. Come Dance With Me 5. Jo N Jo Tango 6. Mambo 1 7. Little Rumba 8. Young Enough 9. EZ Cha Cha 10. EZ Circle Cha Cha
Section 2 (50 min)	DHSS Little Quizas Mambo 1 1. Little Apple EZ 2. Rose Rose I Love You 3. A Little Waltz 4. Samba 1 5. When 6. Polka 7. 2 Butterflies 8. EZ Tango 9. EZ Cha Cha 10. Summer Wine	Jo N Jo Tango EZ Cake by the Ocean EZ Hands Up 1. Disco 2. Man Chang Fei 3. Come Dance With Me 4. Little Rock Cha Cha 5. First Waltz 6. Cowgirls Twist 7. Pooh's Merengue 8. Baby, Just A Kiss 9. EZ NC2 – 32 cts 10. Dun Play Play	Little Rumba Qiao Qiao Men 敲敲门 EZ Uma Thurman 1. A Happy Cha 2. Colours of the Wind 3. Dun Play Play 4. EZ NC2 – 32 cts 5. Little Apple EZ 6. Summer Wine 7. 40 Steps 8. Polka 9. Angry Birds 10. Start To Waltz	Dun Play Play Angry Birds EZ NC2 – 32cts 1. Electric Slide 2. Rio 3. Mamma Maria 4. 2 Butterflies 5. Qiao Qiao Men 敲敲门 6. A Tiny Waltz 7. Por Ti Sere 8. Rose Rose I Love You 9. DHSS 10. Summer Wine