

Carefirst LDEX Syllabus - July 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)	When Ghost Train Little Apple EZ 1. Lindi Shuffle 2. Whoops 3. EZ C'm On Everybody 4. Clap Your Hands 5. Jo N Jo Tango 6. Como Yo 7. Baby, Just A Kiss 8. A Happy Cha 9. Bang Bang EZ 10. Canadian Stomp	Cuban Shuffle Summer Wine Tush Push 1. Ez Tango 2. Cowgirls Twist 3. Stroll Along Cha Cha 4. Mambo 1 5. Monica EZ 6. Little Rumba Cha 7. When 8. Chilly Cha Cha 9. Duck Soup 10. Bosa Nova	Wobble YMCA Jo N Jo Tango 1. Little Mockin' Bird Cha 2. EZ Cake By The Ocean 3. Rio 4. Whole Again 5. I Will Follow Him EZ 6. A Little Cha 7. Brokenhearted EZ 8. Little Merengue 9. Cleveland Shuffle 10. Por Ti Sere	Tibet Love Song EZ Cha Cha Run Baby 1. CuCu 2. Sexy Cha 3. Young Enough 4. A Little Waltz 5. Tush Push 6. Quando When Quando 7. Charleston 8. Goodbye 9. EZ Combo 10. Como Yo
Section 2 (50 min)	EZ C'm On Everybody Pooh's Merengue Ez I Swear 1. Samba I 2. Start To Waltz 3. 40 Steps 4. EZ Combo 5. Angry Bird 6. Little Rumba 7. Summer Wine 8. Shy Waltz 9. The Lemon Tree 10. Rose Rose I Love You	EZ Cha Cha Bosa Nova EZ Hands Up 1. EZ Body Cha 2. Lindi Shuffle 3. Baby Dolly 4. Wobble 5. Start To Sway 6. Qiao Qiao Men 7. Clap Snap EZ 8. Teneese Surprise 9. K Step Boogie 10. Reflections 2	Dun Play Play 2 Butterflies Electric Slide 1. Tibet Love Song 2. Little Quizas 3. Colours of the Wind 4. Start To Mambo 5. Butterfly 6. Goodbye 7. EZ NC2 8. Tickets To the Blue 9. DHSS 10. A Tiny Cha Cha	Mamma Maria EZ Uma Thurman Blue Rose Is 1. EZ Tango 2. J Ho AB 3. Gypsy Queen 4. Past Love As A Dream 5. Baby, Just A Kiss 6. Clap Snap EZ 7. Lipstick, Power & Paint 8. Man Chang Fei 9. First Waltz 10. Sugar Sugar