

Carefirst LDEX Syllabus - March 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) | Tush Push EZ Uma Thurman Summer Wine 1. K Step Boogie 2. Be There In the morning 3. A Tiny Waltz 4. Come Dance With Me 5. Little Rumba 6. A Happy Cha 7. Jo N Jo Tango 8. Baby Dolly 9. EZ I Swear 10. Little Foxtrot | Electric Slide Slosh YMCA 1. Chaka Chaka 2. Mambo 1 3. Lipstick, Power and Paint 4. Ghost Train 5. Man Chang Fei 6. 40 Steps 7. Brokenhearted EZ 8. Little Quizas 9. Blue Rose Is 10. CuCu | Little Apple EZ Cowgirls Twist DHSS 1. Qiao Qiao Men 2. Rio 3. Monica EZ 4. Wobble 5. EZ Cheeky Cha 6. Tush Push 7. Waltz II 8. La Fiesta 9. The Lemon Tree 10. Jo N Jo Tango | Dun Play Play Mambo 1 EZ Hands Up 1. Past Love As A Dream 2. EZ C'm On Everybody 3. Charleston 4. Come Dance With Me 5. 40 Steps 6. Disco Remix 7. Little Rumba Cha 8. A Little Cha 9. A Little Waltz 10. 2 Butterflies |
| Section 2 (50 min) | Little Rumba Jo N Jo Tango A Happy Cha 1. When 2. Little Mockin' Bird Cha 3. Ah Si 4. Little Rock Cha Cha 5. Young Enough 6. Ez Cha Cha 7. Rose Rose I love You 8. Start To Waltz 9. Sexy Cha 10. EZ Tango | Qiao Qiao Men 敲敲门 Chaka Chaka A Tiny Waltz 1. Samba 1 2. Cowgirls Twist 3. Por Ti Sere 4. Start To Mambo 5. Pooh's Merengue 6. Baby, Just A Kiss 7. Reflection 2 8. Tibet Love Song 套马杆 9. Canadian Stomp 10. 2 Butterflies | 40 Steps Man Chang Fei Polka 1. Stroll Along Cha Cha 2. Summer Wine 3. EZ I Swear 4. EZ NC2 5. Country As Can Be 6. K Step Boogie 7. CuCu 8. Dun Play Play 9. Mamma Maria 10. EZ Body Cha | Blue Rose Is Cuban Shuffle EZ C'm On Everybody 1. Cowgirls Twist 2. Colour of The Wind 3. Always 17 4. Emergency 5. Clap Your Hands 6. Reflections 2 7. Bosa Nova 8. Quando When Quando 9. Brokenhearted EZ 10. EZ NC2 |