

# Carefirst LDEX Syllabus - November 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
<b>Section 1</b> (50 min)	<b>EZ Hands Up</b> <b>EZ Circle Cha</b> <b>Summer Wine</b> 1. EZ Body Cha 2. EZ Swing 3. Stroll Along Cha Cha 4. Lipstick, Power & Paint 5. Oh Carol 6. 2 Butterflies 7. Tibet Love Song 8. CuCu 9. Rio 10. YMCA	<b>Dun Play Play</b> <b>Samba 1</b> <b>Ah Si</b> 1. Ez Cake by the Ocean 2. Start To Waltz 3. My Girl Sally 4. Little Apple EZ 5. Electric Slide 6. Polka 7. Black Coffee 1 8. Black Coffee 2 9. Monica EZ 10. Eyes for You	<b>Bollywood 45</b> <b>Ez I Swear</b> <b>Tickets to the Blues</b> 1. EZ NC2 2. Country As Can Be 3. K Step Boogie 4. 2 Butterflies 5. Start To Mambo 6. Rose Rose I Love You 7. Clap Snap EZ 8. P.T.S Cha 9. Bosa Nova 10. Brokenhearted EZ	<b>Pooh's Merengue</b> <b>Disco Remix</b> <b>Mambo 1</b> 1. Cuban Shuffle 2. Clap Your Hands 3. Quando When Quando 4. When 5. EZ Cha Cha 6. Colour of the Wind 7. Ez Cheeky Cha 8. Butterfly 9. Hello Dolly 10. Tennessee Surprise
<b>Section 2</b> (50 min)	<b>YMCA</b> <b>EZ Swing</b> <b>Tibet Love Song</b> 1. Qiao Qiao Men 2. The Uptown Cha 3. Man Cheng Fei 4. 40 Steps 5. Yesterday's Tomorrow 6. Chaka Chaka 7. Dum Play Play 8. Lonely Drum 9. Jo N Jo Tango 10. Por Ti Sere	<b>Little Apple EZ</b> <b>Stroll Along Cha Cha</b> <b>Polka</b> 1. Oh Carol 2. EZ Tango 3. EZ Combo 4. Whole Again 5. Past Love As A Dream EZ 6. Ticket To the Blues 7. Rio 8. Waltz II 9. Reflections 2 10. Little Rumba Cha	<b>Baby, Just A Kiss</b> <b>Tush Push</b> <b>A Little Waltz</b> 1. Dream Lover 2. The Uptown Cha 3. Como Yo 4. Come Dance With Me 5. CuCu 6. Por Ti Sere 7. Deliah EZ 8. DHSS 9. Gypsy Queen 10. I Will Follow Him EZ	<b>Oh Carol</b> <b>Lindi Shuffle</b> <b>Duck Soup</b> 1. Little Mockin' Bird Cha 2. EZ Uma Thurman 3. Tush Push 4. Summer Wine 5. Sugar Sugar 6. Whole Again 7. Little Quizas 8. Tango With The Sheriff 9. Little Rumba 10. Little Foxtrot