

# Carefirst LDEX Syllabus - September 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>Ah Si</b> <b>Cuban Shuffle</b> <b>Tush Push</b> 1. EZ Tango 2. I Got A Woman 3. Reflection 2 4. Sexy Cha 5. A Tiny Waltz 6. Lonely Drum 7. Monica Ez 8. The Most Beautiful Girl 9. The Uptown Cha 10. Bollywood 45	<b>EZ I Swear</b> <b>Little Apple EZ</b> <b>40 Steps</b> 1. Ghost Train 2. Little Rock Cha Cha 3. K Step Boogie 4. Canadian Stomp 5. I Will Follow Him EZ 6. When 7. Lindi Shuffle 8. Whoops 9. EZ NC2 10. First Waltz	<b>Dun Play Play</b> <b>A Little Cha</b> <b>Mambo 1</b> 1. The Uptown Cha 2. Start To Sway 3. EZ Uma Thurman 4. Duck Soup 5. EZ Cake By The Ocean 6. EZ I Swear 7. Disco Remix 8. Bosa Nova 9. She Bangs 10. Start To Waltz	<b>EZ C'm On Everybody</b> <b>Man Cheng Fai</b> <b>Rose Rose I Love You</b> 1. Cleveland Shuffle 2. Come Yo 3. EZ NC2 4. Samba 1 5. 2 Butterflies 6. Come Dance With Me 7. EZ Combo 8. Little Foxtrot 9. Sugar Sugar 10. Chilly Cha Cha
<b>Section 2</b> (50 min)	<b>Saturday Night Fever</b> <b>Clap Your Hands</b> <b>Tennessee Surprise</b> 1. EZ C'm On Everybody 2. La Fiesta 3. Little Quizas 4. Shy Waltz 5. Delilah EZ 6. 40 Steps 7. Bosa Nova 8. Past Love As A Dream 9. Por Ti Sere 10. Quando When Quando	<b>Lindi Shuffle</b> <b>Monica EZ</b> <b>Tibet Love Song</b> 1. Colours Of The Wind 2. Baby, Just A Kiss 3. Mambo 1 4. Country As Can Be 5. Mamma Maria 6. Little Rumba Cha 7. Cucu 8. Dun Play Play 9. Lonely Drum 10. Jo N Jo Tango	<b>Bosa Nova</b> <b>Start To Waltz</b> <b>Polka</b> 1. Clap Snap EZ 2. EZ Body Cha 3. EZ Combo 4. Put It on Me 5. P.T.S. Cha 6. Rio 7. Summer Wine 8. Reflection 2 9. Sexy Cha 10. Young Enough	<b>I Got A Woman</b> <b>Qiao Qiao Men</b> <b>EZ Hands Up</b> 1. Gypsy Queen 2. Little Mockin' Bird Cha 3. Cowgirls Twist 4. Shutruttin 5. Butterfly 6. Whole Again 7. Samba 1 8. YMCA 9. 40 steps 10. Tickets To The Blues