

Carefirst LDEX Syllabus – January 2018

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)	Mambo 1 EZ I Swear EZ Cake by the Ocean 1. Dun Play Play 2. EZ NC2 3. Chilly Cha Cha 4. Por Ti Sere 5. Rose Rose I Love You 6. Black Coffee 1 7. Black Coffee 2 8. Brokenhearted EZ 9. Hey 10. Disco Beat	A Happy Cha EZ Uma Thurman Polka 1. When 2. Whole Again 3. Little Rumba Cha 4. Sexy Cha Cha 5. Slosh 6. EZ Body Cha 7. The Most Beautiful Girl 8. Have a Good Time 9. EZ Combo 10. 2 Butterflies	K Step Boogie Stroll Along Cha Cha Tush Push 1. The Locomotion 2. Ghost Train 3. EZ NC2 4. Little Quizas 5. Past Love As A Dream 6. I'm Free 7. Clap Your Hands 8. Always 17 9. EZ Uma Thurman 10. Samba 1	Slosh Oh Carol Man Chang Fei 1. Waltz II 2. Eyes for You 3. Hey 4. Disco Beat 5. Bosa Nova 6. Qiao Qiao Men 7. Como Yo 8. Lonely Drum 9. The Uptown Cha 10. Come Dance With Me
Section 2 (50 min)	Chilly Cha Cha Dun Play Play Rose Rose I Love You 1. Pooh's Merengue 2. Oh Carol 3. YMCA 4. Colour of the Wind 5. EZ Tango 6. Goodbye 7. Tickets to the Blue 8. Baby Dolly 9. Little Foxtrot 10. Rio	Whole Again When Tibet Love Song 1. Young Enough 2. Tush Push 3. Charleston 4. A Little Waltz 5. Baby, Just A Kiss 6. I Will Follow Him EZ 7. Tango With The Sheriff 8. Have A Good Time 9. I Got A Woman 10. Canadian Stomp	Ghost Train Samba 1 Clap Your Hands 1. I'm Free 2. Lipstick Power & Paint 3. Little Mockin' Bird Cha 4. Clap Snap EZ 5. Man Chang Fei 6. Shy Waltz 7. Duck Soup 8. Butterfly 9. Gypsy Queen 10. Sugar Sugar	The Uptown Cha 40 Steps EZ Cha Cha 1. The Uptown Cha 2. Start to Mambo 3. Jo N Jo Tango 4. Summer Wine 5. A Tiny Waltz 6. Reflection 2 7. Angry Birds 8. Cleveland Shuffle 9. Disco Remix 10. Quando When Quando