

Carefirst LDEX Syllabus – March 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)	Chaka Chaka Mamma Maria EZ I Swear 1. Start To Mambo 2. Disco 3. Hello Dolly 4. The Uptown Cha 5. Country As Can Be 6. Bosa Nova 7. Crazy Foot Mambo 8. Celebration 9. If I Wuz U 10. Lonely Drum	EZ Cha Cha K Step Boogie Polka 1. Blue Night Cha 2. Gypsy Queen 3. Lipstick, Power & Paint 4. Tennessee Waltz Surprise 5. Rio 6. 40 Steps 7. Past Love As A Dream EZ 8. Por Ti Sere 9. Stitches 10. The Bomp	When Ghost Train Little Apple EZ 1. Whole Again 2. Jo N Jo Tango 3. Crazy Foot Mambo 4. Celebration 5. Mony Mony 6. 2 Butterflies 7. Dream Lover 8. Lay Low 9. The Bomp 10. Wonderland Waltz	Start To Waltz Blue Rose Is Oh Carol 1. Sugar Sugar 2. If I Wuz U 3. Gypsy Queen 4. Stitches 5. Just A Kiss 6. Tango With The Sheriff 7. Clap Snap EZ 8. Quando When Quando 9. Left In The Dark 10. Pooh's Merengue
Section 2 (50 min)	Disco The Uptown Cha Country As Can Be 1. Infinite Love EZ 2. Duck Soup 3. EZ Combo 4. Disco Remix 5. Little Foxtrot 6. Lay Low 7. Champagne Promise 8. A Little Waltz 9. Summer Wine 10. EZ Tango	I Will Follow Him EZ Rio 40 Steps 1. Tickets To The Blue 2. Bosa Nova 3. Mambo 1 4. Just A Kiss 5. The Bomp 6. The Uptown Cha 7. Eyes For You 8. Simplemente 9. Tush Push 10. Brokenhearted EZ	CuCu Man Chang Fei Samba 1 1. Fresh 2. Come Dance With Me 3. Hello Dolly 4. Champagne Promise 5. Celebration 6. Qiao Qiao Men 7. Infinite Love EZ 8. Como Yo 9. EZ NC2 10. Waltz II	EZ Cake By The Ocean Reflection 2 Tennessee Waltz Surprise 1. Butterfly 2. The Locomotion 3. Oh Carol 4. EZ Cha Cha 5. Wonderland Waltz 6. Simplemente 7. EZ Uma Thurman 8. Disco Remix 9. Mice Love Big Rice 10. Have U Ever Seen the Rain