SunShine '79

CLOGGING PROGRAM

MAY 25, 26, 27, 1979
ORLANDO, FLORIDA

SALLY THOMPSON
Clogging Chairman

INTRODUCTION

Welcome, everyone to the Sunshine '79 Convention. We hope you all are enjoying your stay in Orlando. With so many activities planned this week-end, it will be a challenge to participate in all of them.

This will be our first full week-end of Clogging with a planned program of Instructions and Activities. We hope everyone will have the opportunity to attend some of the workshops, clinics, or dances of their choosing, whether it be basic, intermediate, advanced, Mountain style dancing or just plain square dancing to your favorite clog step.

Our deep appreciation goes to all who have donated their talents, time and effort to make this program a success.

Sally & Bill Thompson

Sally & Bill Thompson
Clogging Program Chairman

FLORIDA STATE CONVENTION
MAY 25, 26, 27, 1979

CLOGGING PROGRAM

	SALTY DOG HALL (Intermediate & Advanced)	KEY LIME HALL (Beginner & Misc)
SAT. AM		
9-10	Jacky Layne - Solo Dance, Easy	Sally Rhodes - Introduction to Basic Clogging I
10-11	Shelia Popwell - Intermediate Steps.	
11-12	Sue Egli - Line Dance Intermediate	Request Clogging - Intermediate, all FCC Instructors (all other instructors welcome)
PM		
1-2	Shelia Popwell - Advance Steps	Bill McMahon - Introduction to Basic Clogging II
2-3	Mark Layne - Intermediate Line Dances	
3-4	Sally Thompson - Intermediate Solo Line Dances	Shelia Popwell - Request - Intermediate
8-10	Burt Summers - Introduction to Mountian Clogging Break Dance Clogging Floor Request Between Dances	
SUN. PM		
1-2	Shelia Popwell - Intermediate Routines	Perry Barnes - Introduction to Basic Clogging III
2-3	Sue Egli - Routines using square dance figures	Mark Layne - Introduction to Basic Clogging IV
3-4	Sally Rhodes - Intermediate Routines	Shelia Popwell - Clinic, Cloggers interested in becoming instructors
8-11	Donny Miller - Square Dance for Cloggers ONLY Burt Summers - Mountian Style Cloggine Darryl McMillian - Square Dance for Cloggers ONLY Break Dances Between Tips	

SUN. AM - KAHLER PLAZA HOTEL - CITRUS GROVE

9-10 Panel on Exhibition Dancing, Questions and answers
Sally Thompson, M.C.
Shelia Popwell, Clogging
Barbara Blackford, Round Dance
Pete Sansom, Square Dance

SPANISH ROOM

10-12 Florida Clogging Council Meeting

Page		Instructor
1	INTRODUCTION TO BASIC CLOGGING I	Sally Rhodes
2	RED RIVER TRAIN	Sally Rhodes
3	DOWN YONDER	Sally Rhodes
4	CALIFORNIA STRUT	Jacky Layne
5	SALTY DOG RAG/COTTON-EYED JOE	Jacky Layne
6	POPCORN	Sue Egli
7	NIGHT FEVER	Sue Egli
8	CAR WASH	Sue Egli
8	DISCO DUCK	Mark Layne
9	YAKETY SAX	Mark Layne
10	INTRODUCTION TO BASIC CLOGGING III & IV	Mark Layne/Perry Barnes
11	INTRODUCTION TO BASIC CLOGGING II	Bill McMahon
12	SUNFLOWER/EASE ON DOWN THE ROAD	Sally Thompson
13	LE FREAK	Sally Thompson
14	SHAKE YOUR GROOVE THING	Sally Thompson
15	BOOGIE FEVER	Sally Thompson
16	LAY DOWN SALLY	Sally Thompson
17	FIVE FOOT TWO	Shelia Popwell
19	CLOGGING SAX	Shelia Popwell
22	LUCILLE	Shelia Popwell
25	YACKETY CLOG	Shelia Popwell
27	POPCORN	Shelia Popwell
28	ADVANCE STEPS	Shelia Popwell
30	TERMINOLOGY	Shelia Popwell
32	EXPLANATION OF ABBREVIATIONS	Shelia Popwell
33	TIMING WORKSHOP NOTES	Shelia Popwell
35	THE HERITAGE OF AMERICA	
36	RULES OF MOUNTAIN STYLE DANCING	Burt Summers
37	INTRODUCTION TO MOUNTAIN STYLE DANCING	Burt Summers
39	NOTES	

COMMENT SHEET--PLEASE FILL OUT AND MAIL!! THIS WILL HELP MAKE NEXT YEARS PROGRAM AND FUTURE FESTIVALS BETTER!!

Sally Rhodes
Instructor

INTRODUCTION TO BASIC CLOGGING I

TOE - HEEL - TOE - HEEL
L L R R

BRUSH - HOP / BRUSH - HOP
L R R L

DRAG - SLIDE (Both feet - Left only, Right only)

BRUSH - SLIDE / BRUSH - SLIDE
L R R L

TOE - HEEL - (hold) - SLIDE
L L L

TOE - HEEL - (hold) - SLIDE
R R R

TOE - HEEL - BRUSH - SLIDE - TOE - HEEL - BRUSH - SLIDE
L L R L R R L R

TOUCH(toe) - HEEL (front/back/out/beside) - TOE - HEEL (Change)
R L R R

TOUCH(toe) - SLIDE
R L

TOUCH(toe) - DRAG
L R

TOUCH - HEEL - TOE - HEEL ("CHARLESTON" VARIATIONS)
L R L L - etc.....

TOE - STEP - TOE - STEP (Push-off)
R L R L

DRAG - SLIDE - (ALTERNATING FEET)

- -

THE ABOVE TEACH PATTERN FOR THE FOLLOWING <u>BASIC MOVEMENTS</u>

TOE - HEEL - BRUSH - SLIDE - DRAG - TOUCH(toe) - HOP - STEP

Sally Rhodes
Instructor

RED RIVER TRAIN

Music: Jewel Record (J-105B) by The Fontana Ramblers
Coreographed by: Sally Rhodes

AFTER TRAIN WHISTLE-------WAIT 8 beats of Music

MOVING FORWARDS:
1. DOUBLE TOE-STEP, DOUBLE TOE-STEP, DOUBLE TOE-STEP, ROCK, STEP
R L R L R

MOVING BACKWARDS:
2. DOUBLE TOE-STEP, DOUBLE TOE-STEP, DOUBLE TOE-STEP, ROCK, STEP
L R L R L

BASIC:
3. DOUBLE TOE-STEP, ROCK, STEP, DOUBLE TOE-STEP, ROCK, STEP
R L R L R L

MOVING TO RIGHT:
4. DOUBLE TOE-STEP, ROCK, STEP, ROCK, STEP, ROCK, STEP
R L R L R L R

MOVING TO LEFT:
5. DOUBLE TOE-STEP, ROCK, STEP, ROCK, STEP, ROCK, STEP
L R L R L R L

BASIC:
6. DOUBLE TOE-STEP, ROCK, STEP, DOUBLE TOE-STEP, ROCK, STEP
R L R L R L

CHARLESTON - KNEE
7. TOUCH(toe/fr), HEEL, TOUCH(toe/bk), HEEL, TOUCH(toe/out), HEEL, KNEE (across
R L R L R L R
in Front & Turn to Left), HEEL
L

BASIC:
8. DOUBLE TOE-STEP, ROCK, STEP, DOUBLE TOE-STEP, ROCK, STEP
R L R L R L

REPEAT THE 8 STEPS AGAIN - EACH TIME TURN 1/4 TO LEFT

THIS DANCE CAN BE DONE TO ANY STANDARD HOEDOWN

DOWN YONDER

Sally Rhodes
Instructor

Music: Red Boot (RB 302-B)
Choreographed by: Sally Rhodes

INTRODUCTION: Wait - one measure of music

PART A

1. DOUBLE TOE - HEEL - DOUBLE TOE - HEEL - DOUBLE TOE - STEP - ROCK - STEP
   L R L R L L R L
   (on DOUBLE TOE raise Knee high in Front)
2. REPEAT ABOVE, Alternate Feet
3. (Moving Right) DOUBLE TOE - STEP - PUSH - STEP - PUSH - STEP - PUSH - STEP
   (DT Across) L L R L R L R L
4. DOUBLE TOE - STEP - ROCK - STEP - TOUCH(side) HEEL - TOUCH(side) - HEEL
   R R L R L R L R
5. (Circle left) DOUBLE TOE - STEP - ROCK - STEP - ROCK - STEP - ROCK - STEP
   L L R L R L R L
6. (Back right) DOUBLE TOE - STEP - ROCK - STEP - ROCK - STEP - ROCK - STEP
   R R L R L R L R
7. DOUBLE TOE - STEP - BRUSH - SLIDE - TOUCH (fr) - DRAG - TOUCH (fr) - SLIDE
   L L R L R L R L
8. (Moving Left) DOUBLE TOE - STEP - PUSH - STEP - PUSH - STEP - PUSH - STEP
   (DT Across) R R L R L R L R
9. DOUBLE TOE - STEP - ROCK - STEP - TOUCH(side) - HEEL - TOUCH(side) - HEEL
   L L R L R L R L
10. (Circle right) DOUBLE TOE-STEP-ROCK-STEP - ROCK - STEP - ROCK - STEP
    R R L R L R L R
11. (Back left) DOUBLE TOE - STEP - ROCK - STEP - ROCK - STEP - ROCK - STEP
    L L R L R L R L
12. DOUBLE TOE - STEP - BRUSH - SLIDE - TOUCH (fr) - DRAG - TOUCH (fr) - SLIDE
    R R L R L R L R

PART B

1. DOUBLE TOE(across) - SLIDE - DOUBLE TOE(back across) - SLIDE - DOUBLE TOE(back)
   L R L R L
   SLIDE - TOE(in back) - HEEL - DOUBLE TOE (across) - SLIDE - DOUBLE TOE(back out)
   R L R L R L
   DOUBLE TOE - STEP - ROCK - STEP
   L L R L
2. REPEAT ABOVE - ALTERNATE FEET

PART C

1. TOUCH (fr) - DRAG - TOUCH(back) - SLIDE - TOUCH (fr) - DRAG - TOUCH(across)
   L R L R L R L
   SLIDE - TOUCH(fr) - DRAG - TOUCH(back) - SLIDE - DOUBLE TOE - STEP-ROCK-STEP
   R L R L R L L R L
2. REPEAT ABOVE - ALTERNATE FEET

PART D

1. DOUBLE TOE - STEP - BRUSH - SLIDE - DOUBLE TOE - STEP - ROCK - STEP
   L L R L R R L R
   (on ROCK-STEP turn 1/4 turn left) (DONOT ALTERNATE FEET)
2. REPEAT ABOVE 3 MORE TIMES - EACH TIME MAKING 1/4 LEFT TURN TO END FACING FRONT

DANCE SEQUENCE: 1) Parts A - B - D 4) Parts A - C - D
2) Parts A - C - D 5) Parts A - B - D
3) Parts A - B - D 6) Parts A - C - D See Ending:

ENDING: 6) Part D-Omit last STEP-ROCK-STEP
SUBSTITUTE - STEP - ROCK - STOMP - LIFT & BOW
R L R R

Jacky Layne
Instructor

CALIFORNIA STRUT

Music: Private Stock, California Strut by Walter Murphy & The Big Apple Band
Choreographed by: Sally Thompson
Wait (Start after the word "STRUT")

Start on left foot

L R L R L R L
Double Toe, Double Toe, Double Toe, Double Toe, Double Toe, Double Toe, Step,

R L
Rock, Step. Moving forward

R L R L R
Double Toe, Double Toe, Step, Rock, Step. Moving backwards

L R L R L
Touch front, Heel, Touch Back, Heel, Double Toe. Moving forward

R L R L R
Touch front, Heel, Touch Back, Heel, Double Toe.

L R L R L
Touch front, Heel, Touch Back, Heel, Double Toe.

R L R L R
Touch front, Heel, Touch Back, Heel, Double Toe.

L R L
Brush-up across, Heel, Double Toe. (Fontana Step)

R L R
Brush-up across, Heel, Double Toe.

L R L
Brush-up across, Heel, Double Toe.

R L R R L R
Brush-up across, Heel, Double Toe. <u>TURN ¼ LEFT</u> Step, Rock, Step

REPEAT - End after six double toes/step, rock, step.

Jacky Layne
Instructor

SALTY DOG RAG
(Simplified)

Music: Decca, Salty Dog Rag by Red Foley
Choreographed by: Mark Layne

Start on right foot.

R	L	R	L	R	
Double Toe,	Double Toe,	Double Toe,	Rock,	Stomp.	Moving to the right.

L	R	L	R	L	
Double Toe,	Double Toe,	Double Toe,	Rock,	Stomp.	Moving to the left.

4 Single Basics (Double Toe, Step, Rock, Step)

R	L	R	L	R	
Double Toe,	Double Toe,	Double Toe,	Rock,	Stomp.	Moving to the right.

L	R	L	R	L	
Double Toe,	Double Toe,	Double Toe,	Rock,	Stomp.	Moving to the left.

4 Fontana Steps.

You can dress this routine up by doing this in couples, or adding turns in the Triple Basic.

COTTON-EYED JOE

Music: KIK-R, Cotton-Eyed Joe by Al Dean
Choreographed by: Unknown
*Variation - Jacky Layne

Start with right foot

Right: Brush up, Over, Single Basic
Left: Brush up, Over, Single Basic
Right: Brush up, Over, Single Basic
Left: Brush up, Over, Single Basic
RT-LT: 8 Single Basics, turn circle when you reach the 4th Single Basic, and return to partner.
REPEAT

*Variation: This is usually done in two couples. Add two more couples, not holding hands. Have lead couple go around all <u>three</u> couples. After each couple has done this, men form a star. (men are all on same side) This adds to a simple routine, making it a totally different looking "Cotton-Eyed Joe")

Sue Egli
Instructor

POPCORN

Music: Musicor 1458, Popcorn by Hot Butter
"Variation" Solo

Right foot: tap inside, outside, double-toe, rock step

Left foot: tap inside, outside, double-toe, rock step

Right foot: tap forward, backward, double-toe

Left foot: tap forward, backward, double-toe

Right foot: brush forward, to left, to right, double-toe

Left foot: brush forward, to left, to right, double-toe

Right foot: brush up, double-toe

Left foot: brush up, double-toe

Right foot: ONLY, back step, double-toe, up, down turn three quarters left

Left foot: double-toe, up, down turn three quarters to the left

Kick to the right (if not possible da a back step)

Sue Egli
Instructor

NIGHT FEVER
(Solo or Couples)

Music: RSO (RS 889), Night Fever by Bee Gees
Choreographed by: Sally Thompson

Solo - Facing forward
Couples - Facing-holding hands, unless otherwise stated

Wait - 16
Start on left foot

5 Single Basics (at beginning only)(Double Toe-Step, Rock, Step)

SERIES

R L R L R L R
Double Toe, Rock, Step, Rock, Step, Brush, Slide (as if a Fontana) to the Right

L R L R L R L
Double Toe, Rock, Step, Rock, Step, Brush, Slide (as if a Fontana) to the Left

R L R L R L R
Double Toe, Rock, Step, Rock, Step, Brush, Slide (as if a Fontana) to the Right

L R L R L R L
Double Toe, Rock, Step, Rock, Step, Brush, Slide (as if a Fontana) to the Left
(Couples will be going in opposite direction, only touching hands together when facing)

4 Single Basics (Couples "Closed Swing")
4 Single Basics (Rock Step done with cross over behind "Boogie Style")

R L R
Step Drag (cross left foot over right foot, rocking side to side) Step, Rock

L R L
Step Drag (cross right foot over left foot, rocking side to side) Step, Rock

R L R
Step Drag (cross left foot over right foot, rocking side to side) Step, Rock

L R L
Step Drag (cross right foot over left foot, rocking side to side) Step, Rock

REPEAT SERIES

Ending on first single basic after swing.

Sue Egli
Instructor

CAR WASH

Music: MCA, Car Wash by Rose Royce/Norman Whitfield
Choreographed by: Cheryl Johnston

Start on left foot
(Left foot) Brush up double toe, brush up double toe, double toe, double toe,
Kick (or back step) (at beginning only)
REPEAT 10 TIMES

SERIES
(Right foot) Touch inside, outside, single basic
(Left foot) Touch inside, outside, single basic
(Right foot) Touch front, touch back, double toe
(Left foot) Touch front, touch back, double toe
(Right foot) Moving forward, Triple Basic (double toe, double toe, double toe, rock, step)
(Left foot) Moving backwards, Triple Basic
(Right foot) Moving forward, Triple Basic
(Left foot) Moving backwards, Triple Basic
(Right foot) Turn to right, move forward, Triple Basic
(Left foot) Turn to left, move forward, Triple Basic
(Right foot) 5 Hop/Steps turning full circle to the Right
(Right foot) Brush up double toe back step double toe, total 4 times

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Mark Layne
Instructor

DISCO DUCK

Music: RSO, Disco Duck by Rick Dees
Choreographed by: Unknown

Right foot: Three double toes forward starting with right foot
Stomp twice (left-right)
Left Foot: Three double toes backward starting with left foot
Stomp twice (right-left)
Repeat above twice

Step to the side with right foot, pull left foot closed, step to the right again and as you close with left brush up. (side, close, side, brush up) after brush up do a double toe to the left with left foot. Feet already apart so close with right foot, step to the side again and as you close again brush up and double toe. (Double toe, close, side brush up)

Two more brush ups and double toes (left-right)
Toe(right), heel (left) to the front (repeat)
Toe (right), heel (left) to the back (repeat)
Toe - heel to the front (once)
Toe - heel to the back (once)
Brush up with right foot and at the same time swing to the left.
Double toe, up, down (right)
Double toe, up, down (left)

Mark Layne
Instructor

YAKETY SAX

Music: Red Boot, Yakety Sax by Red Boot Sound
Choreographed by: Vickie Saleman

Done in couples

1. 4 Bumps

2. L Double Toe-Across, L Double Toe-Back, L Double Toe-Across, L Double Toe-Back,

   Triple Basic.

3. R Double Toe-Across, R Double Toe-Back, R Double Toe-Across, R Double Toe-Back,

   Triple Basic.

4. 4 Single Basics (Beginning with left foot)

5. 8 Double Toes (Beginning with left foot)

6. L Double Toe-Across, L Double Toe-Back, L Double Toe-Across, L Double Toe-Back,

   Triple Basic.

7. R Double Toe-Across, R Double Toe-Back, R Double Toe-Across, R Double Toe-Back,

   Triple Basic.

8. 4 Single Basics (Beginning with left foot)

9. 8 Double Toes (Beginning with left foot)

10. REPEAT

    "8" Double Toes are done in circle following each other.

    FINISH - End with - Lines 2 & 3 repeat and single basic to finish beat.

Mark Layne
Instructor

INTRODUCTION TO BASIC CLOGGING III

SHUFFLE STEP:

THE SHUFFLE IS DONE WITH BOTH FEET ON THE FLOOR AT THE SAME TIME. THE BODY WEIGHT FIRST MOVES BACK AND UP, THEN DOWN AND FORWARD. SLIDE FORWARD ON THE BALL OF FOOT, KNEES SLIGHTLY BENT THEN SNAP BACK ON HEELS WITH KNEES STRAIGHT. SLIDING FORWARD AND BACK ON THE BALL OF THE FEET ABOUT HALF THE DISTANCE OF YOUR FOOT.

VARIATION - THIS CAN BE DONE IN MOTION FROM RIGHT SIDE TO LEFT SIDE.

VARIATION - ALSO CAN BE DONE ON ONE FOOT THEN THE OTHER.

Perry Barnes
Instructor

INTRODUCTION TO BASIC CLOGGING IV

L R L R
DOUBLE BASIC - DOUBLE TOE-STEP, DOUBLE TOE-STEP, ROCK, STEP
(may start on either foot)

<u>DOUBLE TOE-STEP</u>: A SHORT BRUSH FORWARD AND BRUSH BACK ON THE BALL OF THE FOOT WITH A FIRM STEP ON THE FLOOR WITH THE SAME FOOT.

<u>DOUBLE TOE-STEP</u>: REPEAT ON THE OTHER FOOT.

<u>ROCK</u>: ROCKING YOUR WEIGHT BACK TO THE BALL OF THE FOOT THAT IS OPPOSITE TO THE ONE USED FOR THE DOUBLE TOE.

<u>STEP</u>: USING THE OPPOSITE FOOT OF THE ROCK, STEP FIRMLY WITH THE ENTIRE FOOT ON THE FLOOR, BENDING YOUR KNEE SLIGHTLY.

BASIC STEP # 1

Instructor: Bill McMahon Capital City Cloggers
Tallahassee, Florida

The FLORIDA CLOGGING COUNCIL , in order to uniform basic clogging terminology, has adopted four basic steps.

This time period will be spent teaching you the first basic step. It will be the combination of the following clogging steps.

1. Double Toe
2. Step
3. Rock

1. DOUBLE TOE: A short brush forward with an immediate brush backward and a slight bend of the knee. Only the ball of the foot should touch the floor and there should be two distinct sounds from the toe tap within the space of one beat of music. In slow motion it's brush out and straighten your knee,brush back and bend your knee.

2. STEP: Place entire foot flat on the floor, sounding toe and heel taps at the same time, shifting your weight onto that foot. (Referred to as a "Stomp" when step is strongly accented.)

Note: As you step down, bend your knee a little. This is one of the secrets of clogging without getting tired. Let your knees act as shock absorbers.

3. ROCK: Your foot is placed slightly behind your center of gravity. Step your weight onto the ball of the foot, sounding only the toe tap, lifting the other foot off the floor.

Sally Thompson
Instructor

SUNFLOWER

Music: Capital (4445) Sunflower by Glen Campbell
Choreographed by: Joyce England, Variation by Sally Thompson

Wait 16 beats

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   L          R          L            R        L
DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, BRUSH UP, SLIDE - Moving to left

   R          L          R            L        R
DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, BRUSH UP, SLIDE - Moving to right

   L          R          L            R
DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, HEEL CLICK - Backing up

  R     L     R
STOMP, STOMP, STOMP
                        L            R     L
TURN 1/4 TO LEFT, DOUBLE TOE-STEP, ROCK, STEP

                        R            L     R
TURN 1/2 TO RIGHT, DOUBLE TOE-STEP, ROCK, STEP
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REPEAT SERIES UNTIL END OF MUSIC, ENDING WITH STOMP, STOMP, STOMP.

EASE ON DOWN THE ROAD

Music: MCA (40947) Ease on Down The Road by Diana Ross/Michael Jackson
Choreographed by: Big John Waters

Wait 16 beats

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      R          L          R            L     R
1.  DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, ROCK, STEP - Moving forward,

      L          R          L            R     L
    DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, STOMP, STOMP - Moving backward

      R          L          R            L
2.  DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, KICK UP AND OUT - Moving forward

      L       R    R     R          L     R          L
    DOUBLE TOE, KICK, KICK, ROCK BEHIND, STEP, ROCK BEHIND, STEP

3.  REPEAT NO. 2
     R       L       L                L       R       R
4.  STOMP, DOUBLE TOE-KNEE UP, PAUSE  STOMP, DOUBLE TOE-KNEE UP, PAUSE

     R       L       L       R       R     L     R
    STOMP, DOUBLE TOE-STOMP, DOUBLE TOE-STOMP, STOMP, STOMP
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5. REPEAT NO. 4 STARTING ON LEFT FOOT. TURN ¼ RIGHT ON LAST STOMP STOMP.

REPEAT SERIES UNTIL END OF MUSIC, ENDING WITH STOMP, STOMP AFTER ¼ TURN.

Sally Thompson
Instructor

LE FREAK

Music Chic Atlantic #3519
Choreographed by Tandy Barrett

LINE DANCE

Wait 18

R L R L
DT, DT, DT, Kick up and out — Moving forward

L R L R L
DT, DT, DT, Stomp, Stomp — Moving backwards

R L R L
DT, DT, DT, Kick up and out — Moving forward

L R L R L
DT, DT, DT, Stomp, Stomp — Moving backwards

Shuffle on left foot while doing the following:
R R R R
DT front, touch back, DT front, touch back

Shuffle on left 4 times as you turn ¼ left while right leg does 4 kicks to the side

R L R
DT Step, rockbehind, step (boogie style)

Shuffle on right 4 times as you turn ¼ right while left leg does 4 kicks to the side

L R L
DT Step, rock behind, step (boogie style)

Repeat series until end of music

End dance on DT Step, Rock Step - after shuffle

SHAKE YOUR GROOVE THING

Music: Polydor (PD 14514) Shake Your Groove Thing by Peaches & Herb
Choreographed by: Sally Thompson

Wait 16
Start on left FIRST TIME ONLY / All other times start on RIGHT Foot

DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, ROCK, STEP - Moving backward
DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, ROCK, STEP - Moving forward
DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, ROCK, STEP - Moving backward

L R L
<u>OMIT FIRST TIME ONLY:</u> DOUBLE TOE-STEP, ROCK, STEP

R L R L R L R
DOUBLE TOE-STEP, ROCK, STEP, ROCK, STEP, BRUSH-SLIDE - to the left

L R L R L R L
DOUBLE TOE-STEP, ROCK, STEP, ROCK, STEP, BRUSH-SLIDE - to the right

R L R
DOUBLE TOE-STEP, BRUSH, SLIDE

L R L
DOUBLE TOE-STEP, BRUSH, SLIDE

4 DOUBLE SHUFFLES

R L L
TOUCH (FRONT) TWICE, DRAG, SLIDE

R L L
TOUCH (BACK) TWICE, DRAG, SLIDE

R L L
TOUCH (FRONT) ONCE, DRAG, SLIDE

R L L
TOUCH (BACK) ONCE, DRAG, SLIDE

R L L
TOUCH (SIDE) ONCE, DRAG, SLIDE

R L
TURN 1/4 LEFT WITH A BRUSH, SLIDE

REPEAT - ENDING ON LAST DOUBLE TOE-STEP, ROCK, STEP "Moving forward"

BOOGIE FEVER

Music: Capitor (#4179) Boogie Fever by The Sylvers
Choreographed by: Sally Thompson (Variation)

Wait 16

L R L R L
DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, ROCK, STEP - Moving forward

R L R L R
DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, ROCK, STEP - Moving backward

L R L R L
DOUBLE TOE, DOUBLE TOE, DOUBLE TOE-STEP, ROCK, STEP - Moving forward

R L R L R L R
TOUCH (front), HEEL, TOUCH (back), HEEL, TOUCH (side), HEEL, DOUBLE TOE-STEP.

L R L R L R L
TOUCH (front), HEEL, TOUCH (back), HEEL, TOUCH (side), HEEL, DOUBLE TOE-STEP.

R L R L R L R
TOUCH (front), HEEL, TOUCH (back), HEEL, TOUCH (side), HEEL, DOUBLE TOE-STEP.

L R L R L R L
TOUCH (front), HEEL, TOUCH (back), HEEL, TOUCH (side), HEEL, DOUBLE TOE-STEP.

4 DOUBLE SHUFFLES (RIGHT, LEFT, RIGHT, LEFT) (OR 4 BUMPS)

R L R
1/4 TURN LEFT, STEP, ROCK, STEP.

REPEAT

ENDING AFTER THE FIRST THREE LINES WITH A STEP, ROCK, STEP.

Sally Thompson
Instructor

LAY DOWN SALLY

Music: Lou-Mac (LM130) Lay Down Sally by Lov Mac Kutups
Choreographed by: Unknown

Wait 16 beats

		L L R L R L R L
1.	Moving Backward:	DT-STEP-ROCK-STEP-ROCK-STEP-ROCK-STEP
		R R L L R R L R
2.	Moving Forward:	DT-STEP-DT-STEP-DT-STEP-ROCK-STEP
		L L R L R L R L
3.	Moving Backward:	DT-STEP-ROCK-STEP-ROCK-STEP-ROCK-STEP
		R R L L R R L R
4.	Moving Forward:	DT-STEP-DT-STEP-DT-STEP-ROCK-STEP
		L L R L R R L R
5.	Facing Forward:	DT-STEP-ROCK-STEP DT-STEP-ROCK-STEP
		L L R L R R L R
		DT-STEP-ROCK-STEP DT-STEP-ROCK-STEP
		(Note: ROCK across in back of opposite foot)
		L L R L R R L R
6.	Facing Forward:	DT-STEP-BRUSH-SLIDE DT-STEP-BRUSH-SLIDE
		L L R L R R L R
		DT-STEP-BRUSH-SLIDE DT-STEP-BRUSH-SLIDE
		L L R L R R L R
7.	Facing Forward:	DT-STEP-ROCK-STEP DT-STEP-ROCK-STEP
		L L R L R L R L
8.	Face Diag. Right:	DT-STEP-ROCK-STEP-ROCK-STEP-ROCK-STEP

(Note: Use first DT-STEP to face a right diagonal--not a full 1/4 turn. Do three ROCK-STEPS backing up; use final one to turn to left diag.)

		R R L R L R L R
9.	Face Diag. Left:	DT-STEP-ROCK-STEP-ROCK-STEP-ROCK-STEP (Face right again)
10. & 11.		Repeat 8 and 9
		L L R L R R L R
12.	Face Forward:	DT-STEP-BRUSH-SLIDE-DT-STEP-ROCK-STEP (TURN ¼ LEFT)

(Note: Use first DT-STEP to face forward again. On ROCK, stretch leg further back than a normal ROCK -- this step is done with a Charleston-Step Flavor. Use final ROCK-STEP to make ¼ left turn)

13, 14, & 15. Repeat 12 three more times to end facing original direction.

REPEAT

Shelia Popwell, Instructor

FIVE FOOT TWO

Clogging Solo Dance designed for Basics practice in a beginners' class

Record: FIVE FOOT TWO Jay-Bar-Kay

Choreo: Shelia Popwell, Hampton, GA

Each set of steps begins on LEFT FOOT and alternates feet unless otherwise indicated. Dashed lines indicate section changes in the music.

Heel Beats	Steps		Directions
8	WAIT		

8	8	TOE - HEEL	Move forward
8	8	TOE - HEEL	Back up
8	4	TOE - HEEL - BRUSH - SLIDE	Move forward
8	4	TOE - HEEL - BRUSH Across - SLIDE	Move forward

		"CHARLESTON"	
8	4	TOUCH Front - HEEL - TOE (in back) - HEEL - TOUCH Back -	
8		L R L L R	
		HEEL - TOE - HEEL (beside instep of left foot)	
		L R R	
		(Begin next step with Left Foot again)	
8	4	TOUCH Front - HEEL - TOUCH Back - HEEL - DT - STEP - ROCK - STEP	
8		L R L R L L R L	
---		(Begin next step with TOUCH Front with right foot)	
		"IN A SQUARE"	
8	2	DT - STEP - ROCK - STEP	Move forward
	2	DT - STEP - ROCK - STEP	Move to your left
8	2	DT - STEP - ROCK - STEP	Back up
	2	DT - STEP - ROCK - STEP	Move to your right

(cont.)

Heel Beats	Steps			Directions
		"SHUFFLE (DRAG-SLIDE) SEQUENCE"		
8	4	SHUFFLE	Both Feet	In place or turning in a circle
	4	SHUFFLE	Left Foot	
8	4	SHUFFLE	Both Feet	
	4	SHUFFLE	Right Foot	

"TRIPLE BRUSH"

8 4 TOE - HEEL - BRUSH Out - HEEL - BRUSH Across - HEEL -
8 L L R L R L

BRUSH Back Across - HEEL (Begin next TOE-HEEL on Right)
R L

8	8	DT - STEP	Make a circle, turning to your right, to end facing original direction.
8	8	DT - STEP	Back up

Begin dance again starting with TOE - HEEL. Dance repeats twice more and will end on the last beat of the "IN A SQUARE" sequence.

Ending: Replace final two DT-STEP-ROCK-STEPs with:

DT - STEP - DT - STEP - ROCK - STEP - and BOW
L L R R L R

NOTE: Dance can be done as a SOLO dance for practicing steps. Figures can be added to the step patterns to use dance as a couple or group routine for an exhibition. For example:

First 16 heel beats can be used as entrance step to get partners into position; next 8 beats can be a swing; next 8 beats to move to new position. Do first Charleston step in place; use next Charleston for a Star figure, moving on the STEP-ROCK-STEPs.

Use the "IN A SQUARE" section for a Grand Square as individuals; begin by having "ladies" face their partner's shoulders. Shuffle sequence can be used for a "wrap/unwrap" or a "dishrag spin" or for moving lines of dancers into a new position, with the Triple Brush as a final "show off" for the audience and the DT-STEP sequence altered into any desired exit step or figure (for example, one couple may form an arch and all others dive under, waving as they leave the floor).

CLOGGING SAX

Clogging Duet or Group Routine, Easy Level

Record: CLOGGING SAX Red Boot RB-307

Choreo: Annette Pulley, Durham NC & Shelia Popwell, Hampton GA

Begin all steps on left foot except as indicated.

Heel Beats	Steps	Directions
8	WAIT	Partners facing, about eight feet apart. Audience is on gent's left, lady's right.
8	4 DSRS	Move forward to meet partner. Join hands in Butterfly Position (palms together; hands up at shoulder height).
8	2 DSRS	Partners move forward, still in Butterfly Position, to stand right-hip-to-right-hip.
	2 DSRS	Partners back up two steps to face, still in Butterfly Position.
8	2 DSRS	Partners move forward in Butterfly to stand left-hip-to-left-hip.
	2 DSRS	Partners back up two steps to face, still in Butterfly Position.
8	2 DSRS	Partners move forward again to stand right-hip-to-right-hip.
	2 DSRS	Partners back up to face again.
8 > 8	4 DS-DS-DS-RS	Butterfly Wheel (Alternate Position: partners each put right arm about other's waist - left hands held up and out) -- stand right-hip-to-right-hip and each move forward, making a clockwise circle.
8 > 8	4 DS-DS-DS-RS	Each turn in to stand left-hip-to-left-hip and make a counterclockwise circle to end in original positions.
Interlude	3 DSRS & Pause	Partners back apart to stand side by side, facing audience.
	GRAND SQUARE	Make turns each time on last ROCK-STEP of each sequence.
8	4 DSRS	Move forward side-by-side.
8	4 DSRS	Partners face, then back apart.
8	4 DSRS	Back up, moving away from audience.
8	4 DSRS	Move forward, going toward partner.

(cont.)

Heel Beats	Steps	Directions
	GRAND SQUARE - PART 2	
8	4 DSRS	Partners back apart, turn to face audience.
8	4 DSRS	Move forward, going toward audience.
8	4 DSRS	Move forward, going toward partner.
8	4 DSRS	Back up, moving away from audience, partners side-by-side, facing audience.
Interlude	3 DSRS & Pause	Partners rock apart - together - apart.
8	2 DSRS	Partners step together, both hands joined, his left side to audience.
	2 DSRS	Lady Wrap -- gent raises his left arm and moves forward to stand beside lady as she turns counterclockwise under their joined arms; ends with partners side by side and backs to audience.
8	2 DSRS	Turn as a couple -- gent walks forward and lady backs up.
	2 DSRS	Unwrap -- gent releases lady's right hand and she turns out; ends with both facing audience, inside hands joined.
8	4 DSRS	Lady twirls across in front of her partner.
8	4 DSRS	Lady rolls across in back of her partner.
8 8 8 8	4 DSRS-STEP RXIF-RS-S/S/S/S L R LR R R R R	Partners are side-by-side, facing audience. Step starts on left foot each time.
Interlude	4 SHUFFLE (both feet)	Partners turn to face each other and join hands in Butterfly Position.
8 8 8 8	4 DS-HOP-STEP-KICK-STEP-RS-DSRS L L R L L RL R	"COUPLE KICK" -- couple stands right-hip-to-right-hip for first kick; use RS to back up and DSRS to move forward and stand left-hip-to-left-hip for next kick sequence. Repeat.

(cont.)

Heel Beats	Steps	Directions
8	8 SHUFFLE (both feet)	Partners side by side, facing audience.
8	8 SHUFFLE (Right foot)	
8	2 DS - SHUFFLE - DS - SHUFFLE L L R R	
8	8 SHUFFLE (Left foot)	
Interlude	7 DS	Do first step on right foot -- partners separate and cloverleaf around (moving away from audience then back to facing position from which you started the dance) -- partners should again be facing, about eight feet apart, his left and her right side toward audience.

Repeat dance from the beginning into the "COUPLE KICK" section. On final DSRS of the KICK section, couple drop hands nearest the audience and turn to face audience, inside hands still joined.

Ending: DSRS - DS - Lift Knee and bend from waist in bow (left foot XIF right leg).
L R L

Note: "Couple" does not have to be gentleman-lady — dance can also be done by two ladies or two gents dancing as partners.

LUCILLE

Shelia Popwell, Instructor
Clogging Duet or Group Routine, Advanced

Record: LUCILLE Red Boot RBS-1237 Choreo: Shelia Popwell, Hampton, Ga.

START EACH STEP ON LEFT FOOT

Heel Beats	Steps	Directions
8	WAIT	Partners are on opposite sides of stage, facing. Girl has audience on her left; boy has audience on his right.
8> 8	8 DSRS	Partners move forward, toward each other. (If more than one couple, first boy in line will be partner of last girl in line.)
8> 8	8 DSRS	Partners meet, pass each other. Girl turn 1/4 left; boy turn 1/4 right to face audience side by side.
8	8 SHUFFLE (both feet)	Acknowledge audience (Wave - 4 Counts)
8	4 DSRS	Lady roll across in front of her partner, using two right-face turns.
8	4 DSRS	Lady roll across in back of her partner, using two left-face turns.
8> 8	4 Kick-Kick-DSRS	Partners side by side; move left first, then right on DT-STEP-ROCK-STEP.
8> 8	4 DS-DS-DS-HOP L R L L R L R R	Partners separate, cloverleaf away from audience and come back to face each other in Butterfly Position (i.e., face, join both hands, palms together, hands held up at shoulder height). (Begin next Right DS.)
8> 8	4 DS-DS-DS-SLIDE	In Butterfly Position, each moves three small steps left and bends right knee up high; each moves right on next sequence and bends left knee up. Repeat.
8> 8	4 Kick-Kick-DSRS	Partners catch left hands and move forward, circling each other in a left-hand star. (Left foot is free on last Slide above; will kick out with left foot first.)
8	4 DS-Kick	On last DSRS above, partners go back into Butterfly. On first DS, turn slightly right-hip-to-right-hip; kick; turn slightly left -hip-to-left -hip on next DS; kick.
8	4 DSRS	Partners back apart 2 DSRS and turn to face audience; she moves forward 2 DSRS and he moves back 2 DSRS.

(cont.)

Heel Beats	Steps	Directions
8	2 DS-DS-DS-RS	Lady moves right; gent moves left.
8	4 DSRS	Partners do individual grapevines; gent moves right; lady moves left. To move right: do DT-STEP XIF-ROCK-STEP; DT-STEP-ROCK XIB-STEP, etc. To move left: do DT-STEP-ROCK XIB-STEP first.
8	2 DSRS 1 DS-DS-DS-DS	Lady moves back; gent moves forward. Lady moves left; gent moves right.
8 ----	4 DSRS	Each does grapevine as above; gent moves left; lady moves right.
8 8 >	4 DS-DS-DS-Kick	Partners move toward audience, adjusting steps to get side by side once more.
8 8 >	4 DSRS-S/S	Partners move left (use ROCK XIB) then right, raising free knee high during SHUFFLE-SHUFFLE.
8 ----	2 DS-DS-DS-Kick	Move left on first set, turning so kick will be toward a left diagonal instead of straight toward audience; move right on second set and kick on right diagonal.
8	4 DSRS	Facing audience.
8	TOE-HEEL-TF-TA-TF-TOE Across-HEEL-HEEL-HEEL-BRUSH-SLIDE L L R R R R R L R L R	(Right foot will be across in front of left while alternate heels are sounded.)
8	4 DSRS	
8	TOE-HEEL-TF-TA-TF-TOE Across-HEEL-HEEL-HEEL-BRUSH-SLIDE L L R R R R R L R L R	
8 8 8 8 >	4 DT-STEP-BRUSH Across-HEEL-BRUSH Back Across-HEEL-DT to side-HEEL- L L R L R L R L TOUCH Back-HEEL-BRUSH Across-HEEL-BRUSH Back Across-HEEL-TOUCH Back-HEEL R L R L R L R L	
----		(Start next step with Right DT-STEP)

(cont.)

Heel Beats	Steps	Directions
8	4 DSRS	Lady roll across in front of her partner, using two right-face turns.
8	4 DSRS	Lady roll across in back of her partner, using two left-face turns.
8 > 8	4 Kick-Kick-DSRS	Partners side by side, facing audience.
8 > 8	4 DS-DS-DS-HOP	Partners separate and cloverleaf away from audience as before to Butterfly.
8	1 DS-HOP-DS-HOP-DS-DS-DS-KICK L L R R L R L R	Partners face but on slight diagonal to free legs for kick.
8	4 DT to side-SLIDE-DT-STEP XIF R L R R	Partners will pivot slightly on foot which did the SLIDE, turning right-hip-to-right-hip then left-hip-to-left. (Start next step with Left DT)
---		
8 > 8	8 DSRS	Partners drop hands that are away from audience (her left, his right) and clog away from audience turning back-to-back then face-to-face (touch free hands as you face each other, then push away with those hands as turn back-to-back).
8 > 8	4 DS-DS-DS-KICK High	Partners separate and roll away from each other then clog back toward audience.
8	2 DS-RS-RS-KICK High	Do ROCK-STEPs with XIB to move left, then right; partners side by side.

8	1 DS-RS-RS-Br-Sl	Partners join inside hands.
	1 DS-RS-Boy bow as girl curtsy on final counts -- partners still holding inside hands; outside arms raised in salute to audience.	

Shelia Popwell, Instructor

YACKETY CLOG

Clogging Solo Dance, Advanced Level

Record: YACKETY SAX Red Boot RB-901 Choreo: Shelia Popwell
Hampton, Georgia

Intro: WAIT while voice counts "1-2-3-4"

Heel Beats	Steps	
8	DS - TF - TA - TF L R R R	DS - TF - TA - TF R L L L

8	DS - Br - S1 - DSRS L R L R	DS - Br - S1 - DSRS (Turn 1/4 L each RS) L R L R
8	DS - Br - S1 - DSRS L R L R	DS - Br - S1 - DSRS (Turn 1/4 L each RS) L R L R
8	DS - Br - S1 - TF - TB L R L R R	DS - Br - S1 - TF - TB R L R L L
8	DS - Br - S1 - TF - TB L R L R R	DS - Br - S1 - TF - TB R L R L L
8	DS - TF - TA - TF - DSRS - TF - TB L R R R R L L	
8	DS - TF - TA - TF - DSRS - TF - TB L R R R R L L	
8	DS - TF - TA - TF - DSRS - TF - TB L R R R R L L	
8	DS - TF - TA - TF - DSRS - TF - TB L R R R R L L	

8	DS - Br - S1 DS - Br - S1 L R L R L R	DS - Br - S1 DS - Br - S1 L R L R L R

8	DS - Br - S1 - DSRS L R L R	DS - Br - S1 - DSRS (Turn 1/4 L each RS) L R L R
8	DS - Br - S1 - DSRS L R L R	DS - Br - S1 - DSRS (Turn 1/4 L each RS) L R L R
8	DS - TF - TA - TF - DSRS - TF - TB L R R R R L L	
8	DS - TF - TA - TF - DSRS - TF - TB L R R R R L L	

(cont.)

STRADDLE HOPS -- The sequence which follows begins like the calisthenic exercise: Hop and land with feet apart; hop and land with one foot across in front of the other, etc.)

8 HOP Out - HOP LXIF - HOP Out - HOP RXIF - HOP & Knee Up - DS - DS - RS
L R R L RL

8 Repeat above 8 heel beats

8 DS - DS - STEP RXIF - ROCK - STEP - S/S/S/S
R L R L R R R R R

8 Repeat first 8 heel beats of Straddle Hops

"Kick Interlude"

8 HOP & Bend Knee Up - HOP & Touch Toe to Floor - HOP & Kick Out -
L R L R L R

HOP & Touch - HOP & Knee Up - HOP & Touch - HOP & Kick Out -
L R L R L R L R

STEP on Right (i.e., hop onto right foot and pick up left behind you)
R

---

8 DS - DS - DS - RS - DS - DS - RS - HOP
L R L RL R L RL L

8 DS - DS - DS - RS - DS - DS - RS - HOP
R L R LR L R LR R

8 DS - HOP - DS - HOP - DS - HOP - DS - HOP
L L R R L L R R

8 DS - DS - DS - RS - DS - DS - RS - Br - S1
L R L RL R L RL R L

Ending: DS - DS - RS - Br - S1
R L RL R L

Alternate step for ending: DSRS - Br - S1 - TF - S1
R L R L R

Dance ends with you facing the same wall you were facing at the beginning.

NOTE: If you prefer, you may substitute the following step for the

DS - Br - S1 - TF - TB in the first section of the dance ----

DS - Br Across - Heel - Br Back Across - Heel - TF - S1

POPCORN

Record: "POPCORN" by Hot Butter Musicor 1458

Choreo: Shelia Popwell, Hampton, Georgia

Intro: Wait 8
Suzy Q Left 8 or DT - STEP - RS - RS - RS - RS (etc.) Right, then
Suzy Q Right 8 Left

TOUCH Beside - HEEL - TOUCH Out - HEEL - DT - STEP - ROCK - STEP
R L R L R R L R

TOUCH Beside - HEEL - TOUCH Out - HEEL - DT - STEP - ROCK - STEP
L R L R L L R L

TOUCH Front - HEEL - TOUCH Back- HEEL - DT - STEP
R L R L R R

TOUCH Front - HEEL - TOUCH Back- HEEL - DT - STEP
L R L R L L

BRUSH Fwd - SLIDE - BRUSH XIF - SLIDE - BRUSH Out - SLIDE - DT - STEP
R L R L R L R R

BRUSH Fwd - SLIDE - BRUSH XIF - SLIDE - BRUSH Out - SLIDE - DT - STEP
L R L R L R L L

BRUSH - SLIDE - DT - STEP
R L R R

BRUSH - SLIDE - DT - STEP - ROCK - STEP (1/4 Left Turn)
L R L L R L

DT - STEP - ROCK - STEP (1/4 Left Turn)
R R L R

DT - STEP - ROCK - STEP - ROCK - STOMP (1/4 Left Turn)
L L R L R L

Repeat, beginning with TOUCH Beside. (You will end each time through the dance facing the wall which was on your right as you began that sequence.)

Suzy Q is: Up on Toes, swing Heels to the left; weight on Heels, swing Toes to left. To reverse, weight is still on Heels and Toes are to left; swing Toes back to the right.

Beginning: TOUCH right toe next to instep of left foot;
Sound heel tap of left or SHUFFLE on left;
TOUCH right toe out to your right side;
Sound heel tap of left or SHUFFLE on left; etc.

DRAG - SLIDE - DRAG - SLIDE
& 1 & 2

TOUCH - HEEL - TOUCH - HEEL
& 1 & 2

DRAG as TOUCH Front - SLIDE - DRAG as TOUCH Front - SLIDE
& 1 & 2

DRAG as DT Front - SLIDE - DRAG as DT Front - SLIDE
& 1 & 2

DRAG as DT Front - SLIDE - DRAG as TOUCH Back - SLIDE
& 1 & 2

DRAG as TOUCH Front - SLIDE - DRAG as TOUCH XIF - SLIDE
& 1 & 2

DT - STEP - DT - STEP - DRAG - STEP - DRAG - STEP - ROCK - STEP
L L R R R L L R L R

DT - STEP - ROCK - STEP XIB
L L R L

DT - STEP - DT - STEP - DT - STEP - HOP & LXIF (weight on Toes) - STOMP (HOP Out)
L L R R L L Both Both
& 1 & 2 & 3 & 4

DT - STEP - HOP - STEP - KICK - STEP - ROCK - STEP - DT - STEP - ROCK - STEP
L L L R L L R L R R L R

DT - STEP - Lift XIF - STEP - ROCK - STEP - DT - STEP - ROCK - STEP - ROCK -
L L R R L R L L R L R

STEP - ROCK - STEP
L R L (Move to Left, then to Right)

DT - STEP - ROCK - STEP - STEP XIF - ROCK - STEP - SHUFFLE - SHUFFLE -
L L R L R L R R R

SHUFFLE - SHUFFLE
R R

TOE - HEEL - TOUCH Front - HEEL - TOUCH Across - HEEL - TOUCH Front - HEEL -
L L R L R L R L

TOE XIF - HEEL - HEEL - HEEL - BRUSH - SLIDE
R R L R L R

"SCISSORS" as introduced by Bill Nichols and Simone

HOP as cross right foot XIF and TOUCH in front of left foot
L R
(Turn body slightly to your right as you hop) -

HOP as KICK diagonally forward to right and TOUCH right heel -
L R

HOP onto right foot, turning body slightly to your left as TOUCH left XIF -
R L

HOP as KICK diagonally forward to left and TOUCH left heel.
R L

Cue as: HOP & TOUCH Toe - HOP & TOUCH Heel -

* * * *

"GRASSHOPPER" as introduced by Bill Nichols and Simone

STEP on left - DRAG to your right - STEP on right - DRAG to your left -
L L R R

STEP on left - DRAG to your right - TOUCH toe - DRAG to your left again -
L L R L

STEP on rght - DRAG to your left - STEP on left - DRAG to your right -
R R L L

STEP on rght - DRAG to your left - TOUCH toe - DRAG to your right again.
R R L R

* * * *

"SYNCOPATED CADENCE"

STOMP - DT - STEP - STOMP - DT - STEP - STOMP - (Pause) -
L R R L R R L

STOMP - DT - STEP - STOMP - DT - STEP - STOMP - (Pause) -
R L L R L L R

STOMP - STOMP - DT - STEP - DT - STEP - STOMP - STOMP
L R L L R R L R

"SHORT CADENCE"

STOMP - DT - STEP - STOMP - DT - STEP - STOMP - DT - STEP - STOMP - STOMP
L R R L R R L R R L R

TERMINOLOGY

In the discussion below, the names of the movements used are those adopted by the National Clogging and Hoedown Council on May 13, 1978, and supported by C.L.O.G. in our effort to make the discussion and writing of clogging steps and routines clearer and more understandable for everyone. The definitions below are by Shelia Popwell for C.L.O.G. but are based on the Council's.

All clogging steps are made up of some combination of the following Basic Movements. The movements themselves fall into two groups -- Toe Movements and Heel Movements. Each Toe Movement occurs on the up beat of the music and is followed by a Heel Movement which occurs on the down beat of the music. The rhythm of the dance is kept by the heel; anytime the heel is sounded, the knee is flexed and then straightened, resulting in the characteristic up-and-down motion of the dancer's body. The word "click" is used below to indicate that a tap has contacted the floor. All clicks should have a sharp, clear sound, not scuffed or muffled.

TOE MOVEMENTS

TOE — The ball of the foot produces a click while the heel remains out of contact with the floor. TOE implies that the body weight has been transferred to the ball of the foot; the term TOUCH is used when the same sound is produced but the foot is picked up again immediately without transferring any body weight to that foot.

DOUBLE TOE — Two clicks are produced in the space of one beat of music. The ball of the foot strikes the floor during the forward motion of a short kick and the knee straightens; immediately the same foot swings backward and the ball of the foot strikes the floor again in the same spot as the knee bends upward. The heel should not touch the floor. The forward and back motions are considered to be one movement with no hesitation between them. Normally the clicks occur slightly in front of the body, but they may be done in back or to the side.

ROCK — A click is produced by transferring the weight onto the ball of the foot slightly behind the body's center of gravity; the knee is in a flexed position causing the weight of the body to "rock" slightly to the rear as the center of gravity changes. The opposite foot is always lifted off the floor during a ROCK; the heel of the foot doing the ROCK does not touch the floor.

BRUSH — The foot is allowed to swing from the knee with a pendulum action; the ball of the foot produces a click by striking the floor a glancing blow and continuing in the direction of the swing (which may be to the front, to the rear, or across in front of the opposite leg).

DRAG — The foot is flat on the floor and the knee is flexed when the DRAG begins. With a springing motion which moves the weight of the body up and back, straighten the knee allowing momentum to lift your heel slightly off the floor and drag your foot rearward about half the length of your foot. The heel never entirely loses contact with the floor, and weight is distributed along the length of the foot at the end of the movement. There is no distinctive click. (Also done with both feet on the floor in the same manner.)

HEEL MOVEMENTS

HEEL — The weight of your body is already on the ball of the foot when the HEEL movement is done. Snap the heel down, producing a sharp click, and flex the knee downward, distributing the body weight along the entire length of the foot.

STEP — Place entire foot flat on the floor, producing a click with the toe and heel taps at the same time and transferring the body weight along the length of the foot while flexing the knee downward.

SLIDE — A down-and-forward counterpart of the up-and-back motion of the DRAG. With the foot flat on the floor and the knee straight, roll your weight up onto the ball of the foot, letting your knee begin to go slack. As the weight of your body begins to drop forward and down, let the instinctive tightening of your thigh muscles save your from a fall by sliding your foot forward (about half the length of your foot) and then letting your heel snap down, producing the click and redistributing your weight along the whole length of your foot. At the end of the SLIDE the knee will be in a flexed position. (Also done with both feet on the floor in the same manner.)

SUPPLEMENTAL TERMINOLOGY

SHUFFLE — A shorthand term applied to the combination of DRAG and SLIDE so common in clogging steps. The movements are done in one continuous action with the clicks of the SLIDE portion always falling on the down beat of the music. The SHUFFLE can be done with both feet on the floor at the same time or with one foot on the floor while the other foot is doing a Toe Movement which occurs during the same upbeat as the DRAG portion of the SHUFFLE. The body weight first moves back and simultaneously up, then moves down and simultaneously forward. Repeating the SHUFFLE continuously gives the rhythm-keeping motion characteristic of advanced clogging.

STOMP — A strongly accented flatfoot STEP -- the term is used in describing a clogging step where a particularly distinctive click is needed.

HOP — Any upward motion that causes both feet to lose contact with the floor -- the click is produced when the foot comes back into contact with the floor. Landing can be made on the same foot that did the push off or the HOP can be used to change the weight to the opposite foot depending on the demands of the step being done.

DT — Written abbreviation for DOUBLE TOE.

XIB — Written abbreviation for "Cross In Back" -- one leg crosses in back of the other during a step.

XIF — Written abbreviation for "Cross In Front" -- one leg crosses in front of the other during a step.

Exp:	DT -	STEP -	ROCK	XIB -	STEP	TOE -	HEEL -	BRUSH	XIF -	SLIDE
	L	L	R		L	R	R	L		R

Shelia Popwell for C.L.O.G.

EXPLANATION OF ABBREVIATIONS USED IN CLOGGING ROUTINES

To keep directions for clogging routines more compact and, hopefully, simpler for quick reference, the following abbreviations are used in writing out steps:

Br	BRUSH	
DS	DT - STEP	
DSRS	DT - STEP - ROCK - STEP	(DSRS = $\overset{L}{\text{DT}}$ - $\overset{L}{\text{STEP}}$ - $\overset{R}{\text{ROCK}}$ - $\overset{L}{\text{STEP}}$)
Dr	DRAG	
DT	DOUBLE TOE	
RS	ROCK - STEP	
Sl	SLIDE	
S/S	SHUFFLE - SHUFFLE	(i.e., DRAG - SLIDE - DRAG - SLIDE)
S/S/S/S	SHUFFLE - SHUFFLE - SHUFFLE - SHUFFLE	

* * * * *

Note: On all the following TOUCHes, the HEEL is sounded with the opposite foot from that doing the TOUCH, as follows:

$\overset{L}{\text{TOUCH Front}}$ - $\overset{R}{\text{HEEL}}$ - $\overset{L}{\text{TOUCH Back}}$ - $\overset{R}{\text{HEEL}}$

TA	TOUCH Across in Front - HEEL	
TB	TOUCH Straight Back - HEEL	
TBs	TOUCH Beside - HEEL	(Beside instep of other foot)
TF	TOUCH Straight in Front - HEEL	
TO	TOUCH Out to Side - HEEL	

XIB	Across in Back	(as: DT - STEP - ROCK XIB - STEP)
XIF	Across in Front	

LXIB = Left leg is crossing in back of right leg

LXIF = Left leg is crossing in front of right leg

RXIB = Right leg is crossing in back of left leg

RXIF = Right leg is crossing in front of left leg

Clogging is a dance of SOUND -- not merely noise with a musical background, but sound moving in a pattern with the music. Dancing differs from walking.

Three things to remember:
- Up and Down Motion of Body
- Where Body Weight should be
- Completion of Musical Counts

In a formal dance, weight is on the ball of the foot. Clogging is a folk-type dance -- weight is transferred to the heel. In a formal dance, weight is carried UP; in folk dancing, weight is in continuous motion up and down.

Musical Count: 2/4 rhythm pattern -- & 1 & 2

On "&" your weight is UP; on "Count" your weight is down.

Generally speaking, in clogging anytime you put one foot down, you automatically pick the other foot up, and ANYTIME YOU BEND ONE KNEE, BEND BOTH.

Standing, weight is already "UP" so do nothing on first "&". & 1 & 2 will end with body weight "DOWN" -- next step will start with body weight coming up.

Transferring weight from foot to foot:

	STEP		STEP		STEP		STEP	&-L-&-R-&-L-&-R ''ONE STEP''
&	1	&	2	&	1	&	2	

On "&" weight up and bring foot forward; bend knee as STEP, getting weight down.

On STEP, you are moving forward -- ROCKing motion is backward. As you go back, both knees should be straight. Bring body weight up on ROCK and down on STEP.

Body weight is already up if standing, so do nothing on "&" count.

& 1 & 2	&	-	STEP	-	ROCK	-	STEP	&-L-&-L-&-R-&-R ''TWO STEP''
	&		1		&		2	
	&		L		&		L	Two steps on each foot.

Music starts and ends continually in phrases. Have to know where to start, but if you don't know when to quit, you don't know when to start again -- equally important. One complete musical unit: & 1 & 2

REMEMBER musical count and where weight should be: UP on "&", down on "count"

Four steps forward and stop: & STEP & STEP & STEP & STEP -- have a "completed motion" situation, ending with a completed count after two completed sets of motions. Should be able to duplicate a step and end in a completed motion situatior

& L & L & R & R; & L & L & R & R and stop & 1 & 2 & 1 & 2, repeated.

Anytime you start a new sequence, previous sequence ends in a DOWN motion. If already UP, count as "&" and take first motion on count. When "through" should be through on count # 2 always.

Body weight up and simultaneously BACK; body weight down and simultaneously FORWARD. Repeated continuously is the SHUFFLE and characteristic of advanced clogging.

THE HERITAGE OF AMERICA

Appalachian Mountain Style Dancing is so named because it was in these hills, stretching from Georgia to Southern Pennsylvania in which this dance has been preserved.

The dance, which is older in origin than our Nation itself, can truly be called the AMERICAN FOLK DANCE. It is a blend of the rhythms and motions of many of our founding ancestors who settled here, and made this beautiful land their home. It is clean, beautiful, expressive dancing, steeped with tradition and love. The steps reflect the European customs of our many peoples, and the movements and names are reflective of our Nation's growth, geography and history. The dance is filled with an abundance of physical vigor and joy, reflecting the happiness found in this great new land, and the bright dreams for its future.

The truly American music is played on the fiddle, banjo, and guitar to the spirited hoedown, while happy clogging feet beat out the rhythm of it's very heartbeat -- a combination that lifts both dancers and spectators to new spirited heights.

RULES OF MOUNTAIN-STYLE DANCING

By Burt Summers

1. Count off couples - Must end with even number of couples.

2. #1 man is Head Man.

3. Men maintain their identity (Even or Odd).

4. Ladies change their identity as they progress from partner to partner.

5. Promenade in Varsouvianne Position - The man's right arm is placed behind the girl, holding her right hand high, as his left hand holds her left hand in front.

6. Home is where the caller stops the promenade.

7. Odd couples do all the work - they are active.

8. Lead to the right - Odd couple moves to the couple on the right, circles 4, and ends with back out of ring (Odds facing in - Evens facing out).

9. Break the ring by having couples circle around a complete turn until odd man has back out of ring. He lets go of left hand and the rest of the line rolls out to a circle again.

INTRODUCTION TO MOUNTAIN-STYLE DANCING

By Burt Summers

1. CIRCLE LEFT AND RIGHT

2. DO-SA-DO

   Pass right shoulder to right shoulder, slide back to back, back up left shoulder to left shoulder, to face again (8 beats).

3. WALK AROUND THE LEFT HAND LADY, SEE SAW YOUR TAW

   A forward motion, figure 8 movement - Walk around your corner passing right shoulders - still walking forward (don't back up!) walk around your partner passing left shoulder to left shoulder.

4. ALLEMANDE LEFT IN THE ALAMO STYLE

   Turn your corner by the left half-way around join right forearms with the next person - everyone's holding forearm grips, with men facing in and ladies facing out.

5. CAROLINA STAR

   Everyone's holding hands in the Alamo Style - everyone takes 4 steps back, then 8 steps forward - 8 steps back, then 4 steps forward.

6. BASKET WEAVE

   Ladies circle on the inside and men on the outside, in opposite directions - When men have their partners on their right, they raise arms to make arches and the ladies back through the arches - Men lower the arches and circle as called (at all times, retain hand holds!)

7. TURN THE BASKET INSIDE OUT

   Men raise hands to arches and ladies step forward and make arches, with men walking forward under them and ladies dropping the arches to waist level.

8. UNRAVEL THE BASKET

   All let go of hands and move back to drift apart - Ladies will allow hands to flow down men's arms and, at full length, catch hands to circle.

9. GRAND SASHAY

   Face your partner - Do a right shoulder do-sa-do and pull by with the right hand - Do a left shoulder do-sa-do with the next person and pull by with the left hand - Continue as called.

10. INSIDES ARCH AND OUTSIDES UNDER

    Odd couple leads right and circles half - Odd couples are facing in - Even couple (inside) makes an arch and the odd couple dives through - Everyone does a California Twirl to face the other couple.

11. RAINBOW STROLL

    Everyone takes their partner and goes to the center 4 steps - Do a U-Turn Back - Take new partner back 4 steps and California Twirl - Repeat as called.

12. GEORGIA RANG-TANG

Box the Gnat with your corner - pull straight by
Swat the Flea with your partner - pull straight by
Swing your corner half-way around (waist swing)
Swing your partner half-way around

13. TEXAS STAR

Ladies walk to center, curtsy, and back out
Men to the center with a right hand star
Back by the left hand and pick up the corner and Star Promenade
Insides out and outsides in

14. DAISY CHAIN

An interrupted Grand Right and Left movement that has the dancers moving forward two people and back one. Start like a Right and Left Grand - Give a right hand pull by - Give a left to the next and turn half by the left. Drop hands and walk back (clockwise) to the person you just came from and turn half by the right. Repeat as called.

15. THREAD THE NEEDLE

Circle left. Lead man (#1) breaks left hand-hold and starts a chain circle within a circle - and another circle within - continue until innermost circle is very tight - Then reverse direction and pull chain back out by passing in between the first group of circles - Continue until back in straight line - Then regroup into the original circle formation.

16. LONDON BRIDGE

From Promenade Position - Lead couple reverses direction - man holding partner's right hand with his left hand to form an arch over the heads of the other dancers. Each couple in turn follows the couple in front. When the lead couple reaches the end of the line, then turn and duck under the arches, followed by other couples until they are back to the head of the line. Continue to Promenade.

17. DIP AND DIVE

From London Bridge - Instead of ducking under all of the arches - Lead couple duck under the first one, then arch over the second, duck under the third, arch over the fourth, etc.

C L O G G I N G

Comments and Suggestions

NAME _____ Clogging Level/Years _____

ADDRESS _____

Names of Home Instructor _____

Address if Known _____

Name of Groups you Clog with _____

_____

Clogging Sessions Attended at Convention & Comments you wish to make on them:

_____

_____

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What would you like to have at FUTURE Conventions in Relation to Clogging?

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Thank you - CLOGGING STAFF - SUNSHINE 79 CONVENTION
FOLD OVER, STAMP AND MAIL

Stamp

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