SECOND SECOND

DOWN HOME CLOGGERS

PICTOU CO.
NOVA SCOTIA
CANADA

NOVA SCOTIA STOMP

$2.00

"YOUR INSTRUCTORS"

Tandy Barrett was born in Kentucky but now lives in Stone Mountain, Georgia.

She is a member of the Possum Trot Workshop Team. Tandy has taught over 150 workshops in 18 states.

Tandy teaches 4 classes each week, beginner through advanced, and one class of 30 Senior Citizens. She is activitly involved in seminars for teachers and judge training, and consults teams on exhibitions and competitions. Tandy instructs at the Brigham Young University Clog Classic each summer as well clog camp in Park City, Utah.

She is presently Program Director for "Georgia Clog" TV Magazine, a cable television program featuring cloggers and clogging events all over the country. It's an exciting project - the first continuing series on clogging ever presented in the States.

This will be Tandy's second teaching visit to Canada (Toronto 3 years ago) and she's very excitied about it. Some of the most enthusiastic cloggers are "Canadians".

Scotty Bilz is from Orlando, Florida. He has been dancing for 7½ years. He has a competition clogging team called the "Buckin Mules".

He has been teaching at workshops all over the country for about 3½ years. Scott is currently attending the University of Georgia. "Good Luck" with your studies.

Scotty is also single.

TOWN OF TRENTON

OFFICE OF THE MAYOR

P.O. BOX 328
TRENTON, NOVA SCOTIA
BOK IXO

WELCOME

On behalf of the Corporation of the Town of Trenton, it gives me great pleasure to welcome all participants and to extend best wishes during the 2nd Annual Nova Scotia Stomp to be held at the Trenton Rink on May 13-14, 1988.

We trust that your Workshop will be a great success, and I am sure that it will be a most enjoyable event for all involved.

Sincerely,

R. Barry Trenholm
Mayor
Town of Trenton

RBT
/cb

SECOND NOVA SCOTIA STOMP
TRENTON, NOVA SCOTIA
1988

W E L C O M E C L O G G E R S

We would like to extend a warm and hearty welcome to all cloggers attending the Second Nova Scotia Stomp.

Being a young group, we certainly appreciate the support we receive from all our clogging friends. By supporting one another in such a manner, we can all promote and succeed in having more workshops here in the Maritimes.

We hope you leave with great new routines and happy memories of the Pictou County area.

Thank you for coming.

Happy Clogging

Bill & Teresa

BILL & TERESA JARDINE

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PROGRAM

FRIDAY

7:00 - 10:00	Registration and Get Acquainted Party

SATURDAY

9:00	Registration
9:30 - 12:00	Teach
12:00 - 1:15	Lunch
1:15 - 5:00	Teach
5:00 - 7:00	Supper
7:00 - 10:30	Review, Team Demos, and Dance Requests

NOTICE

Video taping will be permitted in the evening only.

No tripods (for safety reasons) and you must remain the the rear of the room. Be advised, no duplication or distribution of your tapes will be tolerated. Actions to the contrary will be considered as an invasion of our instructors private and personal rights to control their material and will result in proper legal action.

All instructors have the right to refuse taping if they choose.

PUMP UP THE VOLUME

Advanced Line

Record: M.A.R.R.S, 45 r.p.m., BWAY 7452C Time: 4:06

Choreo: Tandy Barrett - Scotty Bilz, Stone Mountain, GA
ANOTHER POSSUM TROT ROUTINE!

Wait 24 Beats
(Start after "Pump up the Volume")

PART A

Trigger	DS	DS	BALL	HEEL	BALL	HEEL	(forward)
	L	R		L		R	
	&1	&2	&	3	&	4	

Devil (3/4 turn right)	STOMP	DS(XIF)	BALL(XIB)	SL	BALL(XIB)	SL
	L	R	L		R	
	&5	&6	&	7	&	8

Repeat PART A - 3 more times - turn 3/4 right on each "Devil" step.
You will end facing front.

PART B

M. J. Pulls	* DS	DS(XIB)	B	STEP	1/4 turn left	
	L	R	L	R		
	&1	&2	&	3		
	SR	SL	RS	SL	RS	SL
	LR	L	R	L	R	L
	&4&	5	&6	&	7&	8

Rocket	STOMP	DS(XIF)	S	S(OTS)	S(XIF)
	R	L	R	L	R
	&1	&2	& 3	&	4

2 Basics	DS	RS	DS	RS
	L		R	

PART C

Snake	DS	DS(XIF)	BREAK	BREAK	BREAK	BREAK	BREAK	(moving forward)
	L	R	L	R	L	R	L	
	&1	&	2	&	3	&	4	

Machine Gun	DS	DS	BALL(XIB)	SL	DS(XIB)	(Break)	(Tch)HEEL	(Tch)HEEL
	L	R	L	L	R	L	L	L
	&1	&2	&	3	&4	&	5	&
	SL	DS	SL	STOMP				
	R	L	L	R				
	6	&7	&	8				

4 Steps	DS	DS	DS	DS	Backing up
	L	R	L	R	

PART D (Drumbreak)

Stomp Double	STOMP L	DS R	DS L	RS RL	STOMP R	DS L	DS R	RS LR
Stomp Basic	STOMP L	RS RL	STOMP R	RS LR				
Stomp Basic & Chug	STOMP L	DS R	RS L	KICK L				

PART E (Pump up)

BALL L-R &1	BALL L-R &	JUMP L-R 2	BALL L-R & 3	BALL L-R &	JUMP L-R 4
BALL L-R & 5	BALL L-R &	JUMP L-R 6	Hip Left L & 7	Hip Right R & 8	

BRIDGE I (Put the needle - - -)

Side Rocks	DS RS L R	R(OTS) R	STEP L	DS R	1/2 turn left	
	DS RS L	R(OTS) R	STEP L	DS R	1/2 turn right	
2 kicks	DS L	KICK R	DS L	KICK R		
Double Shuffle	SH L-R	SH L-R	SH L-R	SH L-R		

BRIDGE II (Casbah music)

Walk Over	DS L	S(XIF) R	S(XIB) L	S R	1/4 turn left
Pulls	DS L	PULL R	SL L	DS R	PULL L	SL R
Repeat	BRIDGE II	3 more times 1/4 turn each time.			

SEQUENCE

A B C
A B C C
D E
C
A B
D BRIDGE E
A B C

OH WHAT A LOVE E-Z LINE

Record: Nitty Gritty Dirt - WB 7-28173-A Time: 3:08

Choreo: Scotty Bilz, Tandy Barrett, Stone Mt., GA

ANOTHER E-Z POSSUM Routine!

PART A

Mt. Basic	Stomp	DT	DS	RS	
	L	R	R	LR	
Chain	DS	RS	RS	RS	
	L	RL	RL	RL	
Chug-A Lug	DS	PIVOT 1/2 R	STOMP	CHUG	
	R	R	L	R	
Triple	DS	DS	DS	RS	
	R	L	R	LR	
Repeat	PART A - same footwork - turn to front				

PART B

Triples	DS	DS	DS	RS	DS	DS	DS	RS	Moving forward
	L	R	L	RL	R	L	R	LR	
Outhouse	DS	TCH (OS)	SL	TCH(XIF)	SL	TCH(OS)	SL		
	L	R	L	R	L	R	L		
Basic	DS RS	turn 1/2 left							
	R								
#7	DS	DS	DS	DS	DS	DS	DS	RS	Moving forward towards back of room
	L	R	L	R	L	R	L	RL	
Rocking Chair	DS	SL (turn 1/2 right)	DS RS						
	R	R	L						
Walk Back	BALL-STEP	BALL-STEP	DS RS	Backing up					
	R	L							

PART C

Cowboy Chug (Cal) Indian	DS	DS	DS	SL(KICK)	Moving forward turn 1/4 left
	L	R	L	L	
	DS	RS	RS	SL(KICK)	backing
	R	LR	LR	R	
Repeat	3 more times - Same footwork - in a box				

SEQUENCE

A A B
A B C
B
A C C

OUT OF MY DREAMS
GET INTO MY CAR

INT/ADV. LINE
Time: Who Cares?

RECORD: Billy Ocean, JSI-9678 - Arista Records (JIVE)

Choreo: Tandy Barrett, Scotty Bilz, Stone Mtn., GA

ANOTHER POSSUM TROT ROUTINE!

Intro: After Whooo! + 2, Wait 16 counts

SEQUENCE "A"

Step behind	DS	STEP(XIB)	DS	HEEL	CHUG
	L	R	L	R	R
	&a1	2	&a3	&	4

Joey	DB	BALL(XIB)	BALL(OS)	BALL(OS)	BALL(XIB)	BALL(OS)	STEP
	R	L	R	L	R	L	R

Synchopated Run	STOMP	RS	STOMP	RS	STOMP	RS	STOMP	DS	DS	RS	(turn 1/2 right)
	L	RL	R	LR	L	RL	R	L	R	LR	
	L	&a2	&	3&	4	&	5	&a6	&7	&8	

Repeat SEQUENCE A to face front

SEQUENCE "B"

Rocking Chair (turn to left) Fancy double	DS	BR	SL	DS	RS	DS	DS	RS	RS
	L	R	L	R	LR	L	R	LR	LR

Sneaker (turn to left)	DB	FLANGE	HEEL	HEEL	FLANGE	HEEL	HEEL	CHUG
	L	R	R	R	R	L	L	L

Fancy double	DS	DS	RS	RS	Repeat Sequence to front
	L	R	LR	LR	
*					
4 Shuffles	SH	SH	SH	SH	
	LR	LR	LR	LR	

SEQUENCE "C"

Vine Break (turn 1/2 right on basic)	DS	DS(XIB)	DS	DS(XIF)	HEEL	HEEL	CHUG	DS	RS
	L	R	L	R	R	R	R	R	LR

Cougar (Moving right)	DS	RS	BALL	BALL	SL	STOMP	DS	DS	RS	CHUG
	L	RL	R	L	L	R	L	R	LR	L

(Repeat above Sequence to face front)

"C 2"

Stomp Doubles (Move forward)	STOMP	DS	DS	RS	STOMP	DS	DS	RS
	L	R	L	RL	R	L	R	LR

Tricky	DS	DT	DS	DS	DS	DT	DS	DS
	L	R	R	L	R	L	L	R

"Hey Hey"	DB(XIB)	BALL-BALL	CHUG	DB(XIB)	BALL-BALL	CHUG
You You	L	L - R	r	r	R - L	L

Double Chug	DS	DS	RS	CHUG
	L	R	LR	L

SEQUENCE "D"

Push Off,	DS	RS	RS	RS	DS	RS	RS	RS
left/right	L	RL	RL	RL	R	LR	LR	LR

4 Basics	DS	RS	DS	RS	DS	RS	DS	RS
turning	L	RL	R	LR	L	RL	R	LR

"BRIDGE"

Kentucky	DS	CHUG	DS	RS	Moving left
Chug	L	R	L	LR	
Triple	DS	DS	DS	RS	In place
	L	R	L	RL	

Repeat above opposite feet and direction

"SEQUENCE ORDER"

A B C C^2 D
A B C C^2 D
BRIDGE
A B* C C^2 +3 extra Hey Hey You You's D

*(ADD 8 Shuffles)

HUMMINGBIRD

INTER LINE

Record: Restless Heart, RCA 45 r.p.m. 5132-7-R Time: 2:55

Choreo: Tandy Barrett & Scotty Bilz, Stone Mountain, GA
ANOTHER POSSUM TROT ROUTINE

Wait 32 beats

PART A

2 Basics	DS	RS	DS	RS			
	L		R				
Kick-it	DS	K(XIF)	SL	*K(OTS)	SL	*1/4 turn left	
	L	R	L	R			
	&1	&	2	&	3		
	BALL	BALL	BALL	SL	DS	DS	RS
	R	L	R	R	L	R	LR
	&	4	&	5	&a6	&a7	&8
Fancy Double	DS	DS	RS	RS	1/4 turn left		
	L	R	LR	LR			

PART B

Heel Walk	DS	HEEL(Twist)	S	RS	HEEL(Twist)	ST	to left
	L	R	L	RL	R	L	
	&1	&	2	&3	&	4	
	DS	HEEL(Twist)	S	RS	HEEL(Twist)	ST	to right
	R	L	R	LR	L	R	
	&1	&	2	&3	&	4	
2 basics	DS	RS	DS	RS	full turn left		
	L		R				
Summy Twist	DS	DS	HEEL(Twist)	S	TCH(XIB)		
	L	R	L	R	L		
	&1	&2	&	3	& 4		

PART C

8 Gallops moving fwd	DS	RS	RS	RS	RS	RS	RS	RS	Moving forward
	L	RL	RL	RL	RL	RL	RL	RL	
Slap Backs (3)	DS	S(Back)	DS	S(Back)	DS	S(Back)			
	L	R	R	L	L	R			
2 DS's	DS	DS							
	L	R							

PART D

8 Toe Steps Turning	TOE STEP	TOE STEP	TOE STEP	TOE STEP	TOE STEP	TOE STEP
	L	R	L	R	L	R
	TOE STEP	TOE STEP				
	L	R				

BRIDGE

Push Off	DS	RS	RS	RS	DS	DS	RS	RS
Fancy Double	L	RL	RL	RL	R	L	RL	RL

Drigger	BR	SL	*DT(no weight!)	SL	D	Flange	H	SL
Turn	R	L	R	L	R	L	L	R

Fancy Double	DS	DS	RS	RS
left	L	R	LR	LR

Repeat — BRIDGE 3 more times - Turning 1/4 left each Drigger turn

ENDING

JUMP
L-R (Hands up)

SEQUENCE

A B C
D
A B C
B B
Bridge
D D
C
C
D D
END - Jump

COURTESY AT WORKSHOPS
by
Mavis McGaugh

Hooray! There is a workshop next week! Workshops are so much fun and you will have a chance to see some of the friends you made at the last workshop. Great! You can catch up on all the news and share new steps. It is really goind to be fun!

Is it? Or will you be frustrated and exhausted from trying to see and hear the instructor without having much success? No matter how often the instructors ask people to move back or spread out, the people do not seem to listen.

Will you be able to hear the instructions? Are the people next to you going to be dancing while the instructor is talking? Some people do not seem to realize how much noise their taps make.

Or you can have worse luck! Will the people next to you know everyone at the workshop and choose the dance floor as the place to greet them?

I am reasonably sure we are all guilty of this or similar behavior at one time or another however unintential. So, at the very next workshop, why don'e we <u>all</u> try to remember - - - - -

It is a classroom situation and class rules for behavior should apply.

The instructor should <u>never</u> have to compete for the dancers' attention.

Keep feet still while explanations and instructions are being given.

Save reunions for the breaks or step outside the hall.

Never smoke inside the dance rooms. Many people are allergic to smoke and cannot breathe in smoke filled areas.

And above all - - ENJOY YOUR NEXT WORKSHOP AND LET OTHERS ENJOY IT and

EVERYONE WILL HAVE A GREAT TIME.

BAD INT.- ADV. LINE

RECORD: Michael Jackson, Epic 34-07418 45 rpm Time: 4:05

CHOREO: Scotty Bilz, Altamonte Springs, FL
(with harassment from Tandy Barrett)

ANOTHER "BAD" POSSUM ROUTINE!

INTRO: Wait 32

PART A

Tucker	DS	DB(XIB)	B(OS)	STOMP	S	R	S
	L	R	L	R	L	R	L
4 steps	DS	DS	DS	DS			
	R	L	R	L			
Joey	DS	B(XIB)	B(OS)	B	B	STEP	
	R	L	R	L	R	L	
Triple	DS	DS	DS	RS	1/4 left		
	R	L	R	LR			
Repeat	PART A - face front						

BRIDGE I

Swishes	DS	B(Out)	B	B(Out)	B	B(Out)	SL
	L	L-R	L(XIF)	L-R	R(XIF)	L-R	L
Triple	DS	DS	DS	RS			
	R	L	R	LR			
Swishes	DS	B(Out)	B	B(Out)	B	B(Out)	SL
	L	L- R	L(XIF)	L-R	R(XIF)	L-r	L
Triple	DS	DS	DS	RS			
	R	L	R	L			

PART B

Pump touches	DS	SL	TCH(XIF)	SL	SL
	L	L	R	L	L
(Moving forward)	DS	SL	TCH(XIF)	SL	SL
	R	R	L	R	R
2 basics	DS RS	DS RS			
	L	R			
Crazy Legs	DS	DS	DS	DS	Full turn left
	L	R	L	R	

PART C "BAD"

Bad Stamp	DS	STAMP	RS	STAMP	RS	SL
	L	R	RL	R	RL	L

Triple	DS R	DS L	DS R	RS LR				
Jackson Breaks	D L	FLANGE R	FLANGE L	FLANGE R	FLANGE L	1/2 turn left		
Fancy Double	DS L	DS R	RS LR	RS LR				
Bad Stomp	DS L	STAMP R	RS RL	STAMP R	RS RL	SL L		
Triple	DS R	DS L	DS R	RS LR				
6 steps	DS L	DS R	DS L	DS R	DS L	DS R		
Pivot turn	S L	S R	1/2 turn right		"Who's Bad!"			

PART D - "Boom- Boom - Boom"

Chip Stagger	D L	H(OTS) R	T(XIF) R	*Pause*	H R	Move left	RS LR
Triple	DS L	DS R	DS L	RS RL			

Repeat PART D - going to right - opposite footwork

BRIDGE II

Jackson turn *1/2 turn left	DS L &1	TOE(XIF) R &	Tch & *Pivot 2		STEP R & 3	&	RS LR 4	
triple	DS R	DS L	DS R	RS LR	Moving forward			
Cross back & chug	DS R	S(XIB) L	DS R	SL R	DS L	S(XIB) R	DS L	SL L

Repeat BRIDGE II - opposite footwork and direction

SEQUENCE:
Wait 32
A
BRIDGE I
A B C D
A 1/2 A (face front) B C D
BRIDGE II
B C C* B B B B C C *turn 1/4 left each time

ROCK STEADY E-Z LINE

RECORD: Whispers 45 r.p.m. Soar B-7006 Time: 4:03

CHOREO: Tandy Barrett, Stone Mountain, GA

ANOTHER E-Z POSSUM ROUTINE!

INTRO: Wait 16

Then: Double Slide left - right - left- right - Repeat

PART A

2 basics	DS RS L		DS RS R		
Triple	DS L	DS R	DS L	RS RL	
Pivot Chain	DS R	RS LR	RS LR	RS LR	1/2 right
2 kicks	DS L	SL	DS R	SL	

REPEAT PART A - same footwork - turn to face front

PART B

Clog Over Vine to L	DS(OS) L	DS(XIF) R	DS(OS) L	DS(XIB) R	DS(XIF) L	DS(OS) R	DS RS L
4 basics turning R 360%	DS RS R	DS RS L	DS RS R	DS RS L			

Repeat Clog Over Vine to right - right foot
4 Basics turning left

PART C

Rock Steady	BUMP and (to left)	BUMP (to left)	(Move hips side to side)				
Fancy Double	DS L	DS R	RS LR	RS LR			
Rocking Chair turning 1/2 L	DS L	SL L	DS RS R	DS L	SL L	DS RS R	

Repeat PART C - Same footwork

PART D

Cha-Cha Basics	DS RS L	1/4 left	DS RS R	1/4 right			
Chain	DS L	RS RL	RS RL	RS RL			

Repeat PART D 3 more times - using opposite feet each time

BRIDGE

Pull step	STEP	SLUR	STEP	DS	RS
	L	R	R	L	
Triple-turn 1/4 left	DS	DS	DS	RS	
	L	R	L	RL	

Repeat BRIDGE 3 more times - same footwork - you will move steps in a box

SEQUENCE:

A B C
A B C C
Bridge
D
B C C
D

ONE STEP FORWARD — INTERMEDIATE LINE

RECORD: Desert Rose Band, MCA - 53201 45 r.p.m. Time: 3:22

CHOREO: Tandy Barrett, Scotty Bilz, Stone Mountain, GA
ANOTHER POSSUM TROT ROUTINE!

Wait 32

PART A

Basics	DS	RS	DS	RS				
	L		R					
Triple Turn	DS	DS	DS	(moving 1/4 left)		*RS	1/2 right	
	L	R	L			RL		
Potatoe Hoe	DS	RS	(DR)TCH(T)B		(DR)TCH(T)B			
	R		(R)	L	(R)	L		
	&1	&2	&	3	&	4		
Triple	DS	DS	DS	RS	3/4 left			
	L	R	L	RL				

Repeat PART A - opposite footwork moving right

PART B

Confused	DS	D(XIF)	SL	D(OTS)	SL	RS(1/4 left)	DS	DT	RS	RS
	L	R	L	R	L	RL	R	L	LR	LR
Push Off	DS	RS	RS	RS						
	L	RL	RL	RL						
Turning Push-off	DS	RS	RS	RS	Turn 3/4 to right to face back					
	R	LR	LR	LR						

Repeat PART B - Same footwork - turn to front

PART C

One Step Over	DS	DRAG	STEP	DS	RS				
	L	L	R	L					
2 steps back (fancy double)	DS	DS	RS	RS	(backing up)				
	R	L	RL	RL					
T STEP	DS	DS	DS	DS	DS	HOP	*RS	HOP	*1/2 turn left
	R	L	R	L	R	R	LR	R	

Repeat PART C - same footwork to back of room - turn front

PART D

Fancy Double	DS	DS	RS	RS	
	L	R	LR	LR	
Rocking Chair	DS	BR	SL	DS	RS
	L	R	L	R	

BRIDGE

Walk Over	DS	S(XIF)	DR	S	S	1/4 turn left
(1 Half Alabama)	L	R	R	L	R	
2 Kicks	DS	SL(K)	DS	SL(K)		1/4 turn left
(2 Single Chug)	L	L (R)	R	R (L)		

Repeat Same footwork and turns

END

(1 Clog
1 Step)

DS RS STOMP
L

SEQUENCE

A B C
D D
A B C
B
BRIDGE
D
C
C
A (omit last triple - replace with END)

ARKANSAS TRAVELER E-Z Mixer

RECORD: LAMON 45 r.p.m. Carlton Moody LR-10120-45

Record Source: Carl's Clogging, Rt.1, Box 208-a
Aiken, S.C. 29801

Time: 3:45

CHOREO: POSSUM TROT

PArtners - Side by side L.O.D. (Dancers are in a circle)
Take hands - start with left foot

Wait

Chain In	DS L	RS RL	RS RL	RS RL	To Left
4 Steps	DS R	DS K	DS K	DS R	Forward
Chain Out	DS R	RS LR	RS LR	RS LR	To right
4 Steps	DS	DS	DS	DS	Forward

Kicks	DS L	SL	DS R	SL	DS L	SL	DS R	SL

Drop hands

Basics	DS RS L	DS RS R	DS RS L	DS RS R

(Ladies roll back - turning 3/4 right - face inside circle
gents turn 1/4 right facing outsdie of circle)

All take hands

Triple Hop	DS L	DS R	DS L	HOP L	(Forward)
Triple	DS R	DS L	DS R	RS LR	(Backing)
Triple Hop	DS L	DS R	DS L	HOP L	(Forward)
Triple	DS R	DS L	DS R	RS LR	(Backing)

<u>Drop</u> hand with original partner. Hold hand of corner

Basics	DS RS L	DS RS R	Ladies roll under - (change sides) and face corner
Basics	DS RS	DS RS	Ladies roll under to original position (Change sides back)

Drop Hands

8 Count Walk-Away

GENTS roll to left - ladies to right - full turn to face L.O.D. - Use 8 walking steps

Repeat Sequence until end of record

Any hoedown (even 32) will do.

SAVING MYSELF

Low Int. Line
E-Z Sequence
Time: 3:32

Critique 45 r.p.m. 7-99356 Fachin

CHOREO: Tandy Barrett, Stone Mountain, GA
Dieter (Deetz) Brown, Lawrenceville, GA.

Wait 16 beats.

PART A

Stomp doubles (moving forward)	ST L	DS R	DS L	RS RL	ST R	DS L	DS R	RS LR
Chug-a-lug	DS L	*Pivot L	STEP R	SL R	*turn 1/2 to left			
Triple	DS L	DS R	DS L	RS RL				
Repeat	Part A - opposite footwork and turns							

PART B

Summey Hip (Moving left)	DS L	DS R	DS L	BALL R	BALL L	HEEL(dig to side) R		
Chug Basic Chug	SL	DS	RS	SL				
Basics & Triple	DS RS L	DS RS R	DS L	DS R	DS L	RS RL	(full turn to left)	
Repeat	Part B.- Opposite feet and direction turn							

PART C

Fancy Double	DS L	DS R	RS LR	RS LR				
T-Step (moving forward)	DS L	DS R	DS L	DS R	DS L	HOP L	RS RL	HOP L
Triple	DS R	DS L	DS R	RS LR				
Push Off (Left & right	DS L	RS RL	RS RL	RS RL	DS R	RS LR	RS LR	RS LR
Turn around	DS L	BR(X) R	SL L	BR(OS) R	SL L	*BALL R	BALL L	BALL R
	STEP L	SL L	DS RS R	*turn 1/2 to right				
Repeat	PART C - same footwork, facing back							

SAVING MYSELF - Page 2

BRIDGE I

KY Chugs	DS L	SL L	DS RS R	DS L	SL L	DS RS R	To left
Basics Backing up	DS RS L	DS RS R					
Triple Backing up	DS L	DS R	DS L	RS RL			

Repeat BRIDGE I - right foot - opposite directions

BRIDGE II

Clog Over Vine	DS L	DS(XIB) R	DS L	DS(XIF) R	DS L	DS(XIB) R	DS RS L	(To Left)
Turning Push-Off	DS R	RS LR	RS LR	RS LR	(1/2 to right)			
Double & Chug	DS L	DS R	RS LR	SL R				

Repeat BRIDGE II - Same foot work - facing back

BRIDGE III

STOMP Chug Moving forward	STOMP L	SL L	STOMP R	SL R	STOMP L	SL L	STOMP R	SL R

Repeat BRIDGE III Moving back

SEQUENCE

A B C
A B C
BR I, II, III
C C

RECORDS

* Arkansas Traveler	Carlton Moody & The Moody Brothers
* Bad	Michael Jackson
Hummingbird	Restless Heart
* Oh What A Love	Nitty Gritty Dirt Bank
* One Step Forward	Desert Rose Bank
* Out Of My Dreams, Into My Car	Billy Ocean
* Pump Up The Volume	M.A.R.R.S.
* Rock Steady	Whispers

* These records are available at the registration desk.

Here we are again near the close of another workshop and our second year as a clogging group. The Down Home Cloggers have spent another busy year learning new routines, meeting new friends, and renewing old acquaintenances. We have had a fairly active year performing when requested and promoting clogging whenever possible.

This year we have seen the number of clogging groups and dancers grow. We are pleased to welcome the "Sunshine Cloggers" of Springhill with Carol Sheehan as their instructor and the "Maple Sugar Cloggers" of Stewiacke under the leadership of Susan Johnson into the clogging fold. We understand that the number of groups on The Island and in New Brunswick has also expanded. This kind of growth indicates that clogging in the Maritime will be around for a long time to come.

THE DOWN HOME CLOGGERS would like to thank everyone for participating in this our Second Nova Scotia Stomp.

Have a safe journey home.

Happy Clogging

THE DOWN HOME CLOGGERS