

## Clog Dancing

This type of dancing has its origins in the east and southeast United States through the Indian and Negro influence. The steps can be done softly or with great vigor (lots of noise).

### - Chug

- Ct 1 - Drop onto both feet while bending knees.
- Ct & - While straightening knees, slide feet bwd about 3 to 4 inches.

### - Single Basic

- Ct & - Brush R toe fwd
- Ct ah - Brush R to bwd without passing L ft } Shuffle
- Ct 1 - Step L next to R with bent knees
- Ct & - Step on ball of L ft. while straightening both knees. } Step drop
- Ct 2 - Step on flat R ft. while bending knees.

### - Double Basic

- Ct &,ah,1 - Repeat action of single basic of same cts.
- &,ah,2 - Repeat with opposite footwork
- Ct & 3 - Repeat action of Ct & 2 in single basic

### - Triple Basic

Do three shuffle steps ending with a step drop.

### - Leg Lift

- Ct &,ah,1 - Shuffle R, step R
  - Ct & - slide R bwd while raising L leg at about 45° angle.
  - Ct 2 - slide R fwd while lifting L knee up.
- Repeat opposite footwork

Many different combinations of shuffles, step drops, leg lifts, and chugs can be created by the individual as he is dancing to add variety to what he does and the sounds he makes.