

BASIC STEPS OF CLOGGING

There are two basic steps and seven basic movements in clogging. They are as follows: (See "Clogging Terminology" and explanations for both basics.)

BASIC NO. I

CLOGGING TERMINOLOGY

Double-Toe (sometimes called a shuffle)	A forward brush and back brush with the ball of the foot occupying one beat of music (double time situation - 2/16).
Step	A step takes place anytime you shift or transfer the weight of your body from one foot to another (flatfoot or otherwise).
Rock	Step your weight onto the ball of your foot (preferably at the arch or even with heel of the other foot), sounding the toe tap only, lifting the other foot off the floor during the same motion.
Step	Same as above.

EXPLANATION OF STEP

TERMINOLOGY - Double-Toe - Step - Rock -- Step

FOOT TO USE - Left Left Right Left

COUNT NO.
(Beat) - and 1 and 2

Start with your left foot, weight on your right foot. Double-toe, then step weight onto left foot; rock weight onto ball of right foot ("Stomp"), accenting the second (2nd) beat. Then do same steps with the right foot.

BASIC NO. II

CLOGGING TERMINOLOGY

Toe	Place weight on the ball of the foot with <u>definite</u> tap sound (beat/count/tap expression means the same - - one sound, beat, or tap with toe tap making the noise) while the heel remains off the floor; only the toe tap sounds.
Heel	Implies that your weight is on the ball of your foot with heel off the floor, snap the heel down, sounding only the heel tap, shifting your weight onto the entire foot.
Brush	A kicking motion in which only the toe tap sounds as it brushes the floor. The foot strikes the floor a glancing blow and continues moving in the direction of the kick. (i.e., Brush Out, Brush Back, Brush Across).

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Basic Steps of Clogging (cont'd)

Slide Start from a flatfoot standing position. The slide is done by bending the knee forward simultaneously raising the heel so that you slide forward. At the end of the slide the heel is returned to the floor to produce the click on the beat.

EXPLANATION OF STEP

TERMINOLOGY -	<u>Toe</u>	-	<u>Heel</u>	-	<u>Brush</u>	-	<u>Slide</u>
FOOT TO USE -	Left		Left		Right		Left
COUNT NO. -- (Beat)	And		1		and		2

Start on your left foot, place weight on the ball of the foot. Step onto ball of left foot, sounding the toe tap; then snap heel down, sounding heel tap, placing weight onto entire foot; brush forward with right foot, sounding toe tap only and bending right knee, slide on left foot, allowing momentum of right leg to aid you in sliding forward on your left foot: the heel is returned to the floor accenting the second (2nd) beat with the sound of the heel tap.

COMPLEMENTARY BASICS

Shuffle
(Also called Chug) With both feet flat on the floor, bend your knees and slide forward on your toe taps with the forward momentum of bending motion, a distance about half the length of your foot, snapping the heels down to sound heel taps; immediately straighten your knees and let the momentum drag your feet back to the starting position. (Shuffle is also done on only one foot, in the same way, while doing a Brush, Double-Toe, touch, etc., in the other foot at the same time:)--(Same motion including movement at the feet as, Bend Straighten, Bend, Straighten, (Forward) (Back) (Forward) (Back))

Touch Sound the tap(s) without transferring the weight of your body (flatfoot or otherwise).

Drag A drag motion starts standing in a flatfoot position with the knee in a bent or weak-knee position, snapping the knee as in a straight position and the letting the ~~momentum~~ momentum carry you back with the weight of the body on the ball of the foot.

Hop All weight is on one foot; the other foot is off the floor. Hop just enough to clear the floor with the foot bearing your weight; land on the same foot with heel tap making the distinctive sound.