

APPALACHIAN CLOG DANCING AND BIG CIRCLE MOUNTAIN SQUARE DANCE INSTRUCTION

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CLOGGING

Clogging is a form of footwork that is danced to square dance music.

It came to us by way of the Irish Jig, English Step Dancing and Scottish dances. Other dances and people have had some influence too. One might choose to "dance a Jig" while standing on the sidelines of the Big Circle dance or one may choose to dance the clog step while actually dancing the Big Circle figures.

CLOGGING

(Western North Carolina, as danced by the Glenn Bennerman Family.)

Clogging consists of a basic walk enhanced with embellishments according to the desire and skill of the dancer. The feet are kept under the body, knees slightly bent, toes and knees turned out a little. Steps are done flat-footed, with one foot always on the floor (no leaps, jumps, etc.).

BASIC STEPS (SINGLES): For the R foot

A "shuffle" is a short, quick movement of the foot, brushing the toe of the foot forward and back prior to stepping on it, and is done prior to the beat of the music. The shuffle is always part of the basic step.

1. Shuffle with R foot.
2. Drop onto R foot, bending knee slightly.
1. Shuffle left foot.
2. Drop onto L foot, bending knee slightly.

The basic or single step is done on alternate feet moving forward. The arms swing freely at the sides or may be raised as the dancer desires, unless they are joined with a neighbor.

DOUBLES

A quick step may be added to the basic step to produce a double step.

1. Shuffle and drop on R foot as in basic step.
2. Step on L toe beside the R heel.
3. Step R again with slight knee bend.
1. Shuffle and drop on L foot.
2. Step on R toe beside L heel.
3. Step L again with slight knee bend.

Singles and doubles may be intermixed throughout the dance, with additional variations and embellishments at the desire of the dancer. Clogging is fun... but it takes work and practice, practice and more practice.

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BIG CIRCLE MOUNTAIN SQUARE DANCING AND CLOGGING
(United States)

Big Circle Mountain Dancing and Clogging has been danced for hundreds of years in western North Carolina, Virginia, and areas around the Great Smokey Mountains.

MUSIC: Records: Folkcraft LP 36, "Big Circle Mountain Dance Music"
Sunny Hills AC-112, "Boil Them Cabbage Down"
Black Mountain 45-4552, "Boil Them Cabbage Down"
Black Mountain 45-4555, "Cumberland Gap"
RCA 447-0569, "Down Yonder"
Jewel J153B, "It's Going to Take a Little Longer"

FORMATION: Big Circle -- Eight or more cpls in a big circle, working in sets of two cpls, designated odd and even. Caller designates odd and even cpls and calls figures. Caller will also designate Lead cpl.

STEPS and STYLING Smooth walking shuffle.

Clogging: Basic step--Shuffle with R ft (ct &, ah), drop onto R ft, bending knee slightly (ct 1), straighten R knee sharply, letting ft slide bkwd slightly (chug) (ct &). At the same time, the L ft does a shuffle on cts &, ah. Drop onto L ft, bending knee slightly (ct 2). Straighten L knee sharply (ct &). The basic Clogging step can be done with embellishments according to the desire and skill of the dancer. It is done individually during Big Circle Dancing at appropriate times. For example, Circle left and right would be "smooth". Ladies (Gents) to the center would be clogging. Queen's (King's) Highway would be smooth when moving with partner, and clogging when moving individually. The arms swing freely at the sides; keep body loose.

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The Big Circle Dance consist of two basic formations - BIG CIRCLE FIGURES and SMALL CIRCLE FIGURES. A dance is usually put together in the following manner:

1. OPENING - Big Circle Figures
2. BODY - Small Circle Figures
3. CLOSING - Big Circle Figures

For the Big Circle Figures or opening and closing figures, eight or more couples form a single circle, hands joined, man with his partner on his right. The lady on the man's left is his corner lady. From this formation, any of the calls listed as Big Circle figures may be danced.

Small Circle Figures or the body of the dance, are figures done by two couples dancing together. These couples have been designated as odd and even couples before the dance begins, by counting off beginning with the lead gent counter-clockwise around the ring.

As you design your Big Circle Dance, keep in mind the following sample pattern:

<u>OPENING or BIG CIRCLE FIGURES</u>	Circle Left Circle Right Single File, Lady in the Lead Grand Right and Left Swing Promenade Queen's Highway King's Highway Circle Left Circle Right
<u>BODY or SMALL CIRCLE FIGURES</u>	Odd Couple Out to the Even Couple Birdie in the Cage Odd Couple on to the Next Birdie in the Cage Georgia Rang Tang
<u>CLOSING - BIG CIRCLE FIGURES</u>	Promenade Circle Left Circle Right Make a Basket Swing Promenade London Bridge Promenade Swing

DESCRIPTION OF FIGURES

BIG CIRCLE FIGURES

- (a) Circle Left - Dancers join hands, man with his partner on his right and dance to the left.
- (b) Circle Right - Dancers join hands, man with his partner on his right and dance to the right.
- (c) Single File, Lady in the Lead - Single circle with gent's partner in front. Dance counter-clockwise around the circle

Continued . .

- (d) Grand Right and Left - Single circle of couples, partners facing, men counter-clockwise, ladies clockwise. Partners join right hands, pull by passing right shoulders, then join left hands with the next person, pull by, passing left shoulders. Continue right and left around the circle until you meet your original partner.
- (e) Swing - Partners face. Assume ballroom dance position. Each take one step to the left. Walk forward around each other. This is known as a walk-around swing.
- (f) Promenade, Over the Shoulder - Couples, facing counter-clockwise, lady on man's right. Man extends right arm across the back of partners shoulders to take her right hand in his right hand above her right shoulder. Left hands are joined in front of man's left shoulder. In this position, dance around the circle, counter-clockwise. This is known as a courting promenade.
- (g) London Bridge - From a promenade, the lead couple reverses direction, gent holding partners 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 lead couple reaches the end of the line, they turn and duck under arches, followed by the other couples, until they are back to the head of the line and then promenade.
- (h) Queen's and King's Highway - From a promenade, the lead lady turns right, leaving her partner, and dances in opposite direction around circle followed by the other ladies in succession. When she meets her partner, she promenades with him. King's Highway - the lead gent steps out behind his partner, turning right, to follow the lady immediately in front of him in opposite direction around the circle. Each successive man follows him out, around and back to his partner for a promenade. (Gent steps in behind his partner from the promenade).
- (i) Roll The Ladies In - From an over-the shoulder promenade position, keeping hands joined, ladies do a left face turn ending up on the inside of the ring (to her partner's left). Roll The Ladies Out - Ladies do a right face turn back to place, gents assisting in the same manner.
- (j) Shoo Fly Swing - Lead couple out to the middle of the ring,
Turn your partner right - then left at the ring,
Back to the middle with a right hand swing,
Back with a left at the outside right.

The lead couple moves inside the circle and swing a partner with a right hand around. The lead lady leaves her partner and turns her corner with a left hand around, returns to partner with a right hand around and continues left to next gent and right to partner. When first couple begins figure with the fourth couple, the #2 man takes his partner and begins the right and left reel. Each couple continues the figure until they are back at home. (NOTE: While in the middle of the circle, gent turns no other lady but his partner).

- (k) Basket Promenade
Ladies to the center and circle left,
Gents keep going, circle right,
The other way back.
Gents stop to the left of partner
Raise hands and make that basket
Ladies bow, gents know how,
Circle left and away you go.
Reverse the basket and away you go,
Break and swing your partner.

Continued...

Ladies, drop hands with gents, move toward center of circle, join hands and circle to the left. Men join hands and circle right. Reverse circles, men going left and ladies right. Gents stop to partners left, raise joined hands over ladies heads and in front of ladies waists. Circle continues to move left. Men raise hands over ladies heads and back to place while ladies raise joined hands over mens heads and behind their backs. Circle continues to move left. Break and swing your partner.

SMALL CIRCLE FIGURES

(a) Odd Couple Out to the Even Couple -

Odd Couple out to the even couple,
Circle left, now the other way back.

Single circle of couples, numbered off or having been designated odd or even before dance begins. Odd couples move out to couple on the right, join hands and circle to the left. Reverse circle, move back to position.

(b) Right Hands across -

Right hands across and howdy do,
Back with the left and how are you?

Gents join right hands, ladies join right hands and walk forward. Reverse direction, joining left hands.

(c) Duck For The Oyster -

Duck for the oyster, dive for the clam,
Duck right through and roll it around,
Circle left, once around
Swing your opposite lady
Swing your own.

Hands joined with even couple, odd couple ducks under arch formed by the even couple and back to place. Even couple dives under arch formed by odd couple and back to place. Odd couple ducks under arch again, odd gent drops right hands (this is the only hand hold that is broken), odd gent goes left, odd lady goes right pulling even couple through under their own arms. Circle left once around, swing the opposite lady, then swing partner.

(d) Take a Little Peek -

Circle to the left, circle to the right,
'Round that couple and take a little peek,
Back to the center and swing your sweet,
'Round that couple and peek once more,
Back to the center and swing all four.

Circle left, circle right. Odd couple separate, peek at each other around the even couple. Return to place and swing partner. Separate and peek once more, back to place and both couples swing partners.

(e) Birdie in the Cage -

Circle to the left, and back to the right,
Birdie in the cage, six hands around.
Birdie hop out, crow hop in,
Six hands up and you're gone again.
Crow hops out and hops on a limb,
Circle to the left,
You're gone again.

Circle left, circle right. Odd lady moves into the middle of the circle, six hands joined around her, circling left. Odd lady moves back into her position in the circle while odd gent (crow) moves to center of circle. Gent moves out to position and all circle left.

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(f) Four Leaf Clover -

Circle left and back to the right
Odd, duck right underfor a four leaf clover
and turn on over
Odd arch and even go under
Circle left
Swing your opposite lady
Now swing your own.

Circle left, circle right. Even couple makes an arch. Odd couple ducks under arch and turns away from each other passing their joined hands over their own heads, forming the clover leaf. Odd couple arch and even couple ducks under and all circle left. Swing the opposite lady, then swing your partner.

(g) Chase That Rabbit -

Circle to the left, now back to the right,
Chase that rabbit, chase that squirrel,
Chase that pretty girl around the world,
Chase that 'possum, chase the 'coon,
Chase that big boy 'round the room.
Circle to the left,
Swing your opposite, then swing your own.

Circle left, circle right. Odd lady leads out, in between the even couple, around and behind the even lady, back between the even couple, around and behind even gent, odd gent following all the way. Then the odd gent leads out, following the same pattern with the odd lady chasing behind. Circle left, swing the opposite, swing your partner.

(h) Basket -

Circle to the left and back to the right,
Eight hands across,
Ladies bow, gents know how,
Circle left
Break and swing your opposite
Now swing your own.

Circle left, circle right. Men reach across joining hands. Ladies join hands under gents. Men raise hands over the ladies heads and ladies raise hands over the gents heads, forming a basket with hands joined at waist level. Circle continues to move left throughout figure. Break and swing your opposite, swing your partner.

(i) Ladies Chain - Circle left and back to place,

Two Ladies chain,
Chain them over and chain right back,
Swing your opposite,
Swing your own.

Ladies move to the center, joining right hands and passing by. Lady joins left hands with the opposite man, who places his right hand in the small of her back and moving forward turns her around to place. Ladies chain back, turning to place in the same manner with partner. Swing the opposite lady, swing your partner.

(j) Little Girl Step Through -

Circle to the left and back to the right,
Little girl step through
Little boy, too,
Swing the lady on the right.
Circle to the left and back to the right,
Little girl step through
Little boy, too,
Swing your partner.

Continued -

Circle left and back to the right. Drop hands. Men and opposite ladies join right hands, ladies step through the circle passing left shoulders, continue walking as men step through circle passing left shoulders. All join hands and circle clockwise. Gent swings the lady on his right, put her on his right and circle left, then circle right. Repeat entire figure, ending up swinging with original.

Georgia Rang Tang -

Turn the opposite with a right hand around
Turn your partner with a left hand around
Turn opposite with a right - partner with a left
Swing the opposite and swing partner.

At home position, turn the opposite with a right hand around three-quarter turn. Turn your partner with a left hand around three-quarter turn. Repeat turn with opposite and turn with partner. Swing the opposite--swing partner.