

# **BEGINNING CLOGGING:** **LEVEL I**

Welcome to the Beginning Clogging: Level I Class. Thank you for coming. Our class will be held one hour per week for six weeks. There are eight basic steps in clogging; in this session you will learn four of those eight steps, as well as other pertinent information about clogging.

The following pages of this booklet describe clogging "on paper", and will be useful in remembering the steps I teach. Also, you may want to make notes that could be helpful later on.

I hope you enjoy the class and thank you again for coming.

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# **A BRIEF HISTORY OF CLOGGING**

Written and researched by Kelli McChesney

Clogging is a folk dance similar to tap and Irish step dancing. It is making rhythmic tapping sounds with the feet. Clogging is said to have originated in the Lancashire regions of England during the Industrial Revolution. Mill workers during this time wore wooden shoes, called "clogs," to protect their feet from the harsh environment. After getting off work, the workers danced on the stone streets in small contests to see who could make the most intricate sounds. Often they tried to imitate the sounds the mill machines made.

As the speed of the steps increased, the clogs proved to be dangerous and were replaced with soft leather shoes with hard soles. English copper pennies were then screwed on the heels and toes of the shoes to emphasize the sounds. Eventually, the pennies were replaced with metal "taps."

With influences of many European folk dances, clogging has evolved through the years into different styles. One of the earlier styles of clog dancing is old time mountain dancing, where the cloggers dance in formations and freestyle (no set sequence of steps) to traditional music. Today, cloggers dance to pop, rap, and country music as well as the traditional music, with series of steps choreographed to a specific song (called routines). There are also influences of tap dancing, Irish step dancing, Canadian step dancing, Country and Western Line Dancing, and even the modern jazz steps.

Clogging is becoming increasingly popular, as there are workshops held almost every weekend for cloggers, group directors, and anyone who loves to clog. Instructors from around the world teach their original routines at these workshops. Clogging has become so popular that it has spread not only throughout the U.S. and Canada, but also to Australia, Germany, and even Japan! Other activities that involve clogging are competitions, exhibitions, and informal get-togethers.

Clogging is good, clean, family fun and is a great way to exercise and keep fit.

# BEGINNING CLOGGING: LEVEL I

By Kelli McChesney

The following describes clogging "on paper". Let's get started!

Step Breakdown	Abbreviated
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The first step you will learn is the **Double - Toe Step**.

## **A. Double - Toe Step** [a.k.a. Double Step, DS]

(Brush ball of foot forward, brush ball of foot back, and step.)

<u>Brush - Brush - Step</u>	<u>Brush - Brush - Step</u>	<u>DS DS</u>
L L L	R R R	L R
& a 1	& a 2	&1 &2

The Double - Toe Step from here on will be referred to as the Double Step.

The next step is the **Rock Step**.

## **B. Rock Step** [RS]

(Step back on the ball of the right foot (rock), and step forward on the left foot.)

<u>Rock - Step</u>	<u>RS</u>
R L	RL
& 1	&1

With the knowledge of only these two steps, you already can do many of the popularly used step combinations. Next are some of the steps you can try. (If you have any difficulty, refer to the descriptions for movements A and B.)

### **1. Basic** (a.k.a. Single Basic)

<u>DS RS</u>
L RL
&1 &2

### **2. Double Basic**

<u>DS DS RS</u>
L R LR
&1 &2 &3

### **3. Triple** (a.k.a. Triple Basic)

<u>DS DS DS RS</u>
L R L RL
&1 &2 &3 &4

### **4. Fancy Double**

<u>DS DS RS RS</u>
L R LR LR
&1 &2 &3 &4

# BEGINNING CLOGGING: LEVEL I (cont'd)

## 5. Push-off

DS RS RS RS (move left on the RS)  
L RL RL RL (If you do this step turning 360° to the left, you are doing another  
&1 &2 &3 &4 popularly-used step, a **Chain**.)

Keep on practicing and try alternating feet (and direction) as you do these steps. Even though you know only these few steps, to a non-clogger you will look like you have been clogging for years!

In clogging, most of the step combinations are either two beats, four beats or eight beats. Most of the steps you have learned so far are two and four beats. The step you're about to learn is one of the eight beat steps, a **Clogover Vine**.

## 6. Clogover Vine (a.k.a. 8 - Beat Vine)

DS DS(XIF) DS(OTS) DS(XIB) DS(OTS) DS(XIF) DS(OTS) RS (moving left)  
L R L R L R L RL  
&1 &2 &3 &4 &5 &6 &7 &8

As you may have noticed, there are more abbreviations: XIF, OTS, and XIB. XIF means to "cross in front", so in this case you would Double Step in front of your left foot. For XIB ("cross in back"), you would Double Step in back of your left foot. And for OTS ("out to side"), you would Double Step out to the side (away from your other foot).

Now that you know the very basics, it's time to move on. The next movement you will learn is the **Brush**.

## C. Brush(Up) [BR(UP)]

(Brush ball of the right foot forward once with the knee straight, then bend right knee up with lower leg perpendicular to floor.)

Brush(up)  
R  
&1

BR(UP)  
R  
&1

While you "bend" the right knee, try to lift the left heel off the floor (shifting your weight forward onto your left toe) and drop it quickly to produce a single click. This will add some sound during the "up" movement and help you keep your timing. This "**heel pop**" is discussed more in Level 2.

# BEGINNING CLOGGING: LEVEL I (cont'd)

Now that you know the Brush(up), try these steps:

**7. Kick** (a.k.a. Fontana)

DS BR(UP)  
L R  
&1 &2

**8. Rocking Chair**

DS BR(UP) DS RS  
L R R LR  
&1 &2 &3 &4

**9. Double Basic Kick**

DS DS RS BR(UP)  
L R LR L  
&1 &2 &3 &4

**10. Cotton Eye Joe**

BR(XIF) BR(OTS) DS RS  
L L L RL  
&1 &2 &3 &4

**11. Karate**

DS BR(UP)(turn ¼ left) STEP(turn ¼ left) BR(UP)  
L R R L  
&1 &2 3 &4

**12. Karate Rock**

DS BR(UP)(turn ¼ left) RS(turn ¼ left) BR(UP)  
L R RL R  
&1 &2 &3 &4

**FYI:** You may see steps in the future that use the terms **CHUG** or **LIFT**, which are similar to the **Brush(up)** (including the **heel pop**). In these cases, you simply bring your knee upwards in one movement so that the lower leg is perpendicular to the floor.

The final foot movements you will learn during this session are the **Stomp** and the **Stamp**.

**D. Stomp** [STO]

(Step on the left foot with a little force; weight is transferred.)

<u>Stomp</u>	<u>Stomp</u>	<u>STO</u>	<u>STO</u>
L	R	L	R
1	2	1	2

**E. Stamp** [STA]

(Step on your left foot with a little force and then lift; no weight is transferred.)

<u>Stamp</u>	<u>Stamp</u>	<u>STA</u>	<u>STA</u>
L	L	L	L
1	2	1	2

# BEGINNING CLOGGING: LEVEL I (cont'd)

## 13. Stomp Double

STO	DS	DS	RS
L	R	L	RL
1	&2	&3	&4

## 14. Triple Stomp

DS	DS	DS	STO	STO
L	R	L	R	L
&1	&2	&3	&	4

## 15. Stamper

DS	STA(UP)	STA(UP)	STA(UP)
L	R	R	R
&1	&2	&3	&4

You now know over a dozen basic clogging steps and are ready for your first routine, a sequence of steps choreographed to a specific song. We will use some of the steps we have learned so far.

Below is a "cue-sheet" of the dance you are about to learn. A cue-sheet is a routine written in step terminology, and contains the steps in the particular routine, music information, and sometimes terminology information. Cue-sheets are helpful for remembering different routines. There is another cue-sheet for "Turkey In The Straw" included in this pamphlet that includes many of the steps we've learned so far; try to learn this routine too!

## "COTTON EYE JOE"

**Artist:** Rednex (Pop version) or Isaac Peyton Sweat (Traditional Country version)

**Choreography:** Unknown

**Beginner Level**

**Introduction:** Wait (8) Beats / Start with LEFT foot

(4)	<b>"COTTON EYE JOES"</b> (alternate feet)	---	<table style="border-collapse: collapse; margin-left: 20px;"> <tr> <td style="border-bottom: 1px solid black; padding: 2px 10px;">KICK(XIF)</td> <td style="border-bottom: 1px solid black; padding: 2px 10px;">KICK(OTS)</td> <td style="border-bottom: 1px solid black; padding: 2px 10px;">DS</td> <td style="border-bottom: 1px solid black; padding: 2px 10px;">RS</td> </tr> <tr> <td style="padding: 2px 10px;">L</td> <td style="padding: 2px 10px;">L</td> <td style="padding: 2px 10px;">L</td> <td style="padding: 2px 10px;">RL</td> </tr> <tr> <td style="padding: 2px 10px;">&amp;1</td> <td style="padding: 2px 10px;">&amp;2</td> <td style="padding: 2px 10px;">&amp;3</td> <td style="padding: 2px 10px;">&amp;4</td> </tr> </table>	KICK(XIF)	KICK(OTS)	DS	RS	L	L	L	RL	&1	&2	&3	&4
KICK(XIF)	KICK(OTS)	DS	RS												
L	L	L	RL												
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(8)	<b>"BASICS"</b>	---	<table style="border-collapse: collapse; margin-left: 20px;"> <tr> <td style="border-bottom: 1px solid black; padding: 2px 10px;">DS</td> <td style="border-bottom: 1px solid black; padding: 2px 10px;">RS</td> <td style="border-bottom: 1px solid black; padding: 2px 10px;">DS</td> <td style="border-bottom: 1px solid black; padding: 2px 10px;">RS</td> </tr> <tr> <td style="padding: 2px 10px;">L</td> <td style="padding: 2px 10px;">RL</td> <td style="padding: 2px 10px;">R</td> <td style="padding: 2px 10px;">LR</td> </tr> <tr> <td style="padding: 2px 10px;">&amp;1</td> <td style="padding: 2px 10px;">&amp;2</td> <td style="padding: 2px 10px;">&amp;3</td> <td style="padding: 2px 10px;">&amp;4</td> </tr> </table>	DS	RS	DS	RS	L	RL	R	LR	&1	&2	&3	&4
DS	RS	DS	RS												
L	RL	R	LR												
&1	&2	&3	&4												

**REPEAT ALL ABOVE UNTIL MUSIC ENDS**

# "TURKEY IN THE STRAW"

**Record:** Ralph's Records (ClogCue RR1101)

**Choreography:** Kelli McChesney

**Easy Line**

**Introduction:** Wait (8) Beats / Start with LEFT foot

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**PART A (64 BEATS):**

(2) **"BASICS"** --- DS RS DS RS  
L RL R LR  
&1 &2 &3 &4

(1) **"TRIPLE"** --- DS DS DS RS  
L R L RL  
&1 &2 &3 &4

(1) **REPEAT BASICS AND TRIPLE USING OPPOSITE FOOTWORK**

(4) **"ROCKING CHAIRS"** --- DS BR(UP) DS RS (Turn ¼ left on each)  
L R R LR  
&1 &2 &3 &4

(2) **"CLOGOVER VINES"** --- DS DS(XIF) DS DS(XIB) DS DS(XIF) DS RS  
L R L R L R L RL  
&1 &2 &3 &4 &5 &6 &7 &8

(2) **"PUSH OFFS"** --- DS RS RS RS  
L RL RL RL  
&1 &2 &3 &4

(2) **"FANCY DOUBLES"** --- DS DS RS RS (Turn ¼ left on each)  
L R LR LR  
&1 &2 &3 &4

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(3) **REPEAT PART A THREE (3) MORE TIMES**

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**ENDING (8 BEATS):**

(2) **"BASICS"**

(1) **"3 DS, STOMP"** --- DS DS DS STOMP  
L R L R  
&1 &2 &3 4

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# BEGINNING CLOGGING: LEVEL I (cont'd)

Now that you know 5 foot movements, 15 steps using those movements, and have two routines under your belt, keep on practicing and try coming up with your own step combinations. Congratulations! You are now a clogger!!!

**ABBREVIATIONS:**

DS -- Double Step	L -- Left Foot
RS -- Rock Step	R -- Right Foot
BR -- Brush	XIF -- Cross In Front
STO -- Stomp	OTS -- Out To Side
STA -- Stamp	XIB -- Cross In Back

## **ADDITIONAL STEPS TO TRY:**

### **16. Triple Kick, Triple**

<u>DS DS DS BR(UP)</u>	<u>DS DS DS RS</u>
L R L R	R L R LR
&1 &2 &3 &4	&5 &6 &7 &8

### **17. Cowboy**

<u>DS DS DS BR(UP)(turn 1/2 left)</u>	<u>DS RS RS RS (moving back)</u>
L R L R	R LR LR LR
&1 &2 &3 &4	&5 &6 &7 &8

(Also, try turning 1/2, 3/4, and 360° on beats 5-8.)

### **18. Loop**

<u>DS STEP(XIB)</u>
L R
&1 &2

### **19. Loop Vine**

<u>DS DS(XIF) DS(OTS) STEP(XIB) DS(OTS) DS(XIF) DS(OTS) RS (moving left)</u>
L R L R L R L RL
&1 &2 &3 &4 &5 &6 &7 &8



## "HIGHWAY 40 BLUES"

Artist: Ricky Skaggs

Choreo: Steve Smith

WAIT (16) BEATS / START WITH LEFT FOOT

**EASY LINE DANCE**

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(2) **BASICS** ---  $\frac{DS \ RS}{L \ RL} \quad \frac{DS \ RS}{R \ LR}$

(1) **TRIPLE** ---  $\frac{DS \ DS \ DS \ RS}{L \ R \ L \ RL}$

(2) **BASICS** ---  $\frac{DS \ RS}{R \ LR} \quad \frac{DS \ RS}{L \ RL}$

(1) **TRIPLE** ---  $\frac{DS \ DS \ DS \ RS}{R \ L \ R \ LR}$

(2) **TRIPLES** (move forward) ---  $\frac{DS \ DS \ DS \ RS}{L \ R \ L \ RL} \quad \frac{DS \ DS \ DS \ RS}{R \ L \ R \ LR}$

(8) **DOUBLE STEPS** (move backwards) ---  $\frac{DS \ DS \ DS \ DS}{L \ R \ L \ R}$   
 $\frac{DS \ DS \ DS \ DS}{L \ R \ L \ R}$

**REPEAT ALL ABOVE UNTIL MUSIC ENDS**

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**ABBREVIATIONS:**  
DS --- double step  
RS --- rock step  
L --- left foot  
R --- right foot

# "IT MUST BE LOVE"

**ALBUM:** "Under The Influence" by Alan Jackson

**Easy  
Country**

**CHOREO:** Kelli McChesney

**INTRO:** Wait (32) beats / Start with LEFT foot

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**PART A: (32 BEATS)**

- (2) **"BASICS"** --- DS RS DS RS  
L RL R LR
- (1) **"TRIPLE"** --- DS DS DS RS (turn ¼ left)  
L R L RL
- (1) **REPEAT ABOVE (8) BEATS THREE MORE TIMES TO FACE ALL  
FOUR WALLS – ALTERNATE FEET**

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**CHORUS: (32 BEATS)**

- (1) **"TRIPLE KICK, TRIPLE"** --- DS DS DS BR(UP) DS DS DS RS  
(move forward, then back) L R L R R L R LR
- (2) **"ROCKING CHAIRS"** --- DS BR(UP) DS RS (turn ¼ left  
L R R LR on each)
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**

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**SEQUENCE:** Wait 32, A, CHORUS, ADD (2) DS, A, CHORUS, A, CHORUS,  
CHORUS, CHORUS, ½ CHORUS (no turn on Rocking Chairs).

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**ABBREVIATIONS:** DS – double step L – left foot  
RS – rock step R – right foot  
BR – brush

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## **CLOGGING VENDORS**

(Adult shoe prices as of 9/15/2007)

### **Precision Screen Print & Monograms**

Shoes: Approx. \$49.95  
Taps: Approx. \$11.50  
343 Technology Drive, Suite 2101  
Garner, NC 27529  
919-772-5504 or 888-289-2564 or 800-289-2564  
<http://www.clog.com/>

### **Carl's Clogging Supplies**

Shoes: Approx. \$49.95  
Taps: Approx. \$10.00  
150 Easy Street  
Salem, SC 29676-2402  
800-848-6366  
[clogger@carol.net](mailto:clogger@carol.net)  
<http://www.carlsclogging.com/>

### **Perry's Place Records and Supplies**

Shoes: Approx. \$45.95  
Taps: Approx. \$10.00  
PO Box 69  
Nicholasville, KY 40340  
859-885-9234 or 800-882-3262  
[shoes@perrysplace.com](mailto:shoes@perrysplace.com)  
<http://www.perrysplace.com/>

### **Stevens Worldwide**

Shoes: Approx. \$49.00  
Taps: Approx. \$10.00  
PO Box 112  
49 Franklin Road  
Mercer, PA 16137 USA  
800-722-8040  
[sales@stevens-clogging.com](mailto:sales@stevens-clogging.com)  
<http://www.stevens-clogging.com/>

NOTE: All shoe prices do not include tap installation.

Recommendation for first-time dancers: Stevens Stompers taps (regular or buck toe).