

BEGINNING CLOGGING

Step Series

1. Walking Toe-Heel: Rhythmic movement stepping first on toe and then heel.
2. Step-Rock-Step: Deliberate step using free foot to shift weight to ball of foot and then stepping back to foot originally stepped on.
3. Shuffle: This is a combination of the drag and slide movements. Can be done on one foot or both feet. Remember to bend knees first and straighten as foot (or feet) complete drag motion backwards. Then slide forward immediately bending knees as forward motion is completed. (A shuffle, whether with one or both feet, always begins with the dragging backwards movement - also known as the "downbeat").
4. Hop: Self explanatory.
5. Touch Steps: Touching toe of one foot to floor while heel of other foot is placed to floor.
6. Walking Double Toe: Also known as the Double Toe Step. (DTS) One completes a double toe step alternating from one foot to another moving forward (or whatever direction is desired).
7. Single Basic: Also known just as a "basic". This is a Double Toe Step-Rock-Step. (DTSRS)
8. Double Basic: This is done with a double toe step on one foot and then double toe step-rock-step on the other foot.
9. Triple Basic: This is done with a double toe step on one foot, then double toe step on opposite foot, then back to first foot again with a double toe step-rock-step.
10. Fontana: This step is a brush (as described in #7 of the Eight Basic Steps) bringing the foot down that has just brushed and then proceeding with a double toe step on same foot.

BEGINNING CLOGGING

Eight Basic Steps

1. TOE: A 1 - 2 rhythm (like trying to sneak past someone)
2. HEEL: Placement of heel to floor
3. STEP: Just plain walking, but with a deliberate motion. (As you step down, bend your knee, so that the knees can act as shock absorbers).
4. DRAG: Drag foot backwards with full weight on it. Knee is bent before dragging and straightened as foot is dragged backwards.
5. SLIDE: Forward counterpart of drag. Knee is straight when forward movement begins and bends as slide is completed.
6. ROCK: Pausing as if to take a second look. (This is a momentary rocking motion where body weight is shifted to ball of foot).
7. BRUSH: Like brushing a pebble. Knee should be bent and opposite foot should complete a heel placement to floor.
8. DOUBLE TOE: Double clicking to one beat with toe. A small brush with a quick return. (Pretend there is gum on the ball of your shoe. You see a spot on the floor, so you try to scrap the gum off by hitting that spot with the flat of your toe with a forward motion. Then you let the flat of your toe bounce off floor and return to same spot. This is not a scratching motion. You actually hit the floor and bounce off, allowing the momentum of the bounce to bring the toe back to the original spot).

NOTE: It is suggested that if you do not wear shoes with taps, that you wear a low heeled leather sole shoe. Rubber shoes (such as tennis shoes) have a tendency to stick to the floor and can prevent you from completing a step properly.