



Appalachian Stomp 2018

A clogging workshop brought to you by

Blue Ridge Thunder Cloggers

Purcellville, Virginia

November 3, 2018

www.brtc.us

www.appalachianstomp.com

Schedule

8:30—9:00am	Registration
9:00—Noon	Classes
Noon—1:00pm	Lunch Break or Easy Routines
1:00—5:00pm	Classes
5:00—6:00pm	Dinner Break
6:00—7:30pm	Fun Dance/Exhibitions

Special Notes If you would like to be part of the raffle drawings, please purchase your tickets at the Registration Desk. Prices are: 1/\$1, 6/\$5, or 20/\$15. Prizes include: thumb drives with the workshop music (for practice purposes) and digital syllabus, “Dance From The Heart” T-shirts, Appalachian Stomp 2018 T-shirts, and one free admission to the Appalachian Stomp 2019.

Food There is only a 1-hour break for lunch and the same for dinner. We strongly encourage you to take advantage of the arrangements we have planned for you. We’re serving lunch for only \$5/person, dinner for \$7/person. Tickets must be purchased by 11:00am. Dinner break will be from 5:00pm to 6:00pm. Fun Dance will begin at 6:00pm.



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Welcome



Welcome to Appalachian Stomp 2018! We are excited to offer for you a day of dancing fun! Leading us through the day, we welcome Josh King--currently from TX, but headed back to Australia shortly!

We have expanded our number of regional and local instructors this year, teaching classes from beginner to advanced! Mary Smith (VA), Jayne Treadwell (VA), Joyce Guthrie (VA), Lynn Grassi (MD), Pam Smiley (MD), Amanda Burns (VA), Barb Elko (PA), and Beth Dunlap (VA).

We've also added a few workshop classes that are more than just steps: **Joyce Guthrie** will be leading a real-time **choreography workshop**--begin the class with just a song, end with an entire dance! Great for any dancer who has wondered how choreography happens! **Pam Smiley** will be teaching a **buck step workshop**--learn how to add buck to standard clogging steps! **Barb Elko** will be sharing her **costuming** expertise, including a show-and-tell of some costumes! And, the **Celtic Rhythm School of Dance** is providing an hour to try **celtic dancing**.

As usual, both lunch and dinner will be available for purchase on-site today. **Lunch (\$5/person)** will include hot dog, soup or chili, salad, and drink. **Dinner (\$7/person)** will include pizza, salad, and drink. Take advantage of these meals to stay on-site and enjoy extra time visiting with friends or making new friends. Please purchase your meal tickets by 11AM.

We also have raffle prizes available again this year, including: Dance From the Heart t-shirts, Appalachian Stomp t-shirts, syllabus and music on a thumb drive, and iTunes gift cards. Tickets can be purchased at the registration table. Drawings will be held each hour. Listen for the announcements in the main room and check the drawing board for your number!

Whether you live near or far, we are pleased that you have chosen to spend your day with us! For those who traveled, we especially thank you for making the effort and hope you will find time to enjoy the Purcellville area.

This was our first year accepting pre-registration through both the printed form and Square. We hope the choice made your pre-registration easier! We are thrilled that (as of press time), we will be having cloggers from the following groups with us:

Blue Ridge Thunder Cloggers
Bull Run Cloggers
Calico Cloggers
Cardinal Cloggers

Carroll County Cloggers
Happy FeetHill City Cloggers
Patsy's Dance Studio
Pioneer Cloggers

Skyline Country Cloggers
Still Kickin' Cloggers
Tap Back Cloggers

Thank you to everyone here today for being a part of our day! We have worked to make this a joyful day of dance. Enjoy the day and let us know if you have suggestions for making it better next year.

Charlessa McConnell
Charlessa McConnell
BRTC President



Josh King

www.theclogdog.com

Josh King began clogging more than 30 years ago in Houston, Texas, USA; and discovered a passion that would take him around the world, sharing his love of this unique American folk dance with students of all ages.

Since then, “the Clogdog” has gone on to become a popular international clogging instructor teaching workshops throughout the U.S., Australia, Canada, and Europe. Josh has choreographed and taught many workshop favorites including National Dance List routines in both the U.S. and Australia. In addition to leading and dancing on competition teams for years, he has been a judge at many premier clogging competitions throughout the U.S.

After meeting his wife Della while teaching clogging at the Gympie Music Muster in Australia in 2004, Josh soon after relocated to Australia. After 10 years ‘Down Under’, he and his family have come back to the US, where Josh continues to be active in clogging internationally.

YouTube channel: <http://www.youtube.com/c/theclogdog1>

Mary Smith

luv2clog@starpower.net



Mary Smith is a native of the plains of rural northeastern Montana. The roots of clogging lie deep in her heritage as her grandparents include natives of Ireland and the mountains of southwestern Virginia. Mary moved to Austin (TX) in the early 1980s upon college graduation, and it was there she took a class in beginning clog dancing. She got on stage for the first time as a performer in the spring of 1988 and by 1990 was teaching the beginner lessons for her group, the Clickety Cloggers. At this time she also became the director of the group's exhibition team and began choreographing routines. She continued in this capacity until a job change brought her to the Washington (DC) area in the fall of 1995. She was no longer clogging with a group but returned to Texas twice a year to teach at clogging workshops. In June of 1997 she was approached by a member of a local clogging group – whose instructor was moving – and was asked to fill the instructor's shoes. The group reorganized and the Blue Ridge Thunder Cloggers were born. Mary has taught more than 400 people how to clog. As she puts it, clogging is “Way too much fun!”



Jayne Treadwell

www.learn2Clog.com

learn2clog@hotmail.com

Jayne Treadwell is the third generation in four generations of accomplished cloggers. Her love affair with clogging began in 1980, when she learned to clog from her granddaddy in his barn. She is highly skilled in buck dancing, flatfooting, modern (precision) and traditional drag-slide styles of clogging footwork. Jayne's passion for sharing clogging with others, combined with her intuitive awareness of music and rhythm, has made her a popular choreographer. She has taught at more than 40 workshops in the United States and Germany during the last ten years. She has directed award winning competition teams and highly engaging performance teams. Jayne is a lifetime member of the America's Clogging Hall of Fame All-American Clogging Team, and the National Clogging and Hoedown Council All-Star Team. Her instructional DVD, “Building on the BASIC,” is a valuable step-styling tool for cloggers of any skill level. An eastern North Carolinian since birth, Jayne moved to northern VA in 2012.



Joyce Guthrie

iClog@mac.com

Joyce Guthrie is the mother of seven children -three accomplished cloggers. She has been dancing since 1997 and is proud to be a part of the Blue Ridge Thunder Cloggers. She achieved CCI certification through CLOG, the national clogging organization, in 2010. A graduate of the University of Florida (Go, Gators!), Joyce spent some interesting years as a trauma nurse. She set aside her stethoscope to love and home-school her children. She is involved with three nonprofit organizations, which keep her busy with teen safe driving, education, community service, organ donation, faith-based initiatives and clogging. A dreamer at heart, she is always coming up with ideas; some are met with enthusiasm – to her delight:-) Joyce loves choreography and enjoys web design. She has created free websites for numerous clogging groups to help clogging come into the 21st century. This is her way of giving back to clogging. These websites, along with a line of T-shirts and magnets are available at www.iClog.us and trademarked under iClog.



Amanda Patterson Burns

aburns475@gmail.com

Amanda resides in Covington, VA., where she works as a Reading Specialist at Covington City Public schools. Amanda has been clogging for 15 years but dancing her entire life. Amanda implemented a dance team at Roanoke College and performed on her high school pompom squad. Following college she learned to clog and has found it to be one of her favorite genres of dance. Amanda has been a dance instructor at Patsys Dance studio for 13 years and is the director of the Ultimate Dance explosion competition dance team. Amanda enjoys teaching ballet, tap, jazz, lyrical, pointe, and clogging at PDS. Amanda is also the director of an adult recreational clogging group called the Rhinestone Rockers. Amanda enjoys traveling to workshops and sharing her love of dance. When she is not teaching or dancing Amanda enjoys giving back to her community and volunteering with many local charities and directing pageants. Amanda resides in Covington with her 2 children, Lily and Andrew, her husband Randall, and her 2 dogs- Jake and Pringles.

Barb Elko resides in South Park Pennsylvania. She discovered clogging in 2007, and quickly became an addict. One year later she began teaching and is presently the director of the Pioneer Cloggers. Besides her weekly classes she has taught at workshops in West Virginia, Kentucky, Ohio, Maryland, Tennessee, Nevada, and Texas. Barb also enjoys writing articles for the C.L.O.G. and WNYCA newsletters. Her objectives for writing are to thank the hard working volunteers providing the workshops, and to encourage folks to attend workshops cause they are fundamentally fun! Having attended over seventy workshops she considers herself an expert at having fun. Her biggest blessing as a clogger has been the amazing friendships formed.



Barb Elko

Pioneerclloggers@gmail.com



Beth Dunlap

MOM1110031@aol.com

Beth Dunlap is the mother of eight children. She loves clogging and thoroughly enjoyed dancing with three of her kids when they were young. Now that they are grown, Beth continues to dance and teach with BRTC. This is her third year teaching at App Stomp. She also runs the family farm where she is chief shepherdess tending sheep, chickens, general farming/gardening and Christmas trees.

Pam Smiley has been involved in every aspect of clogging since she began in 1980. Her love of percussive dance led her to clogging and the tradition of the dance grabbed her heart. Living in California where clogging was in it's infancy at the time, she traveled to get more exposure to every aspect of the culture of clogging meeting many people along the way. Pam has clogged in 18 states and on a cruise ship in the Caribbean and has a goal to clog in every state.

Pam began with a performance team 4 months after starting her journey and has danced with several different groups though the years. Clogging has given Pam the opportunity to do so many things that without clogging would probably not have been afforded to her including dancing in many types of shows from County Fairs to an International Dance Festival with Sammy Davis Jr. and more. Pam has been a competitive clogger (singles, duos and team) and chaired 3 clogging workshops for a total of 22 years, one of them she also taught at for 12 years. Pam is also a certified NCHC judge and has judged competitions all over the country. Pam is currently the editor of the CLOG Today magazine published by C.L.O.G.

With all of the things clogging has given to her, the biggest is the relationships. Pam can say that clogging has given her the opportunity to meet so many people around the country and the world and counts them all as family.

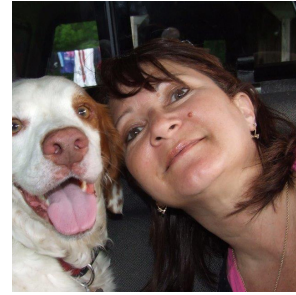


Pam Smiley

clogrpam@gmail.com

Lynn Grassi

lynngrassi@verizon.net



Lynn Grassi is a graduate of Cook College, Rutgers University in New Brunswick, N.J. where she received her BS in Biology with a concentration in Exercise Science. She worked at the YMCA for 23 years as a Fitness Instructor, Personal Trainer, and Aerobics Coordinator.

Lynn has achieved the status of YMCA of the USA Group Exercise Faculty, the highest position possible in Group Fitness within the YMCA. She holds the following certifications: AFAA Group Exercise Instructor, AFAA Personal Trainer, AFAA STEP Reebok Instructor, Powerhouse Pilates Mat Instructor, Reebok Flexible Strength Instructor, YMCA Pilates Instructor, YMCA Strength Training Instructor, YMCA Walk Reebok Instructor, Basic Zumba Instructor, Barre Above Instructor and CCI (Certified Clogging Instructor) from C.L.O.G.

Lynn is an American Safety and Health Institute (ASHI) Basic Instructor for CPR, CPR PRO, AED, Blood Borne Pathogen (BBP), Basic First Aid (BFA), and Child & Babysitting Safety. Throughout her 35 years in the Fitness Field, Lynn has created two programs; Karate Aerobics which combines the art of Tae Kwondo with traditional Hi/Lo movements, and Dance-It-Off which incorporates various styles of dance steps within the traditional fitness class format.

Presently, Lynn is the owner and director of X-ercise X-plosion where she teaches Dance-It-Off for the women's ministry at Wesley Freedom United Methodist Church and offers ASHI certifications to the community. She is a group exercise instructor at Gold's Gym. Lynn is a member of the Carroll County Cloggers in Westminster, MD and holds the office of Vice President.

Celtic Rhythm School of Dance

The Celtic Rhythm School of Dance has been bringing the joy of Irish dance to Loudoun County for 18 years. Our company dancers perform 50-60 times a year at community events, fairs and festival. And community service performances at hospitals, schools, and senior centers. They have also performed at Hershey Park, Busch Gardens, Walt Disney World, and on Broadway NYC! Classes are available for all levels of experience ages 5- up. Come dance with us!

35th National Clogging Convention—Nov. 21—24, 2018



Atlanta, GA - Marriott Marquis



5 Reasons and many more to Come To Atlanta

1. **Georgia Aquarium**—You can actually snorkel or scuba dive with the whale sharks at the Georgia Aquarium. Interested in interacting with a slightly smaller animal? The nation's largest aquarium offers encounters with belugas, otters and even penguins!
2. **World of Coca-Cola—Birthplace Atlanta**—Experience the history of the world's most famous soft drink through fascinating exhibits, classic ads and an imaginative replica of the bottling process. Get closer than ever before to the World of Coca-Cola vault containing the secret recipe and tempt your taste buds with more than 100 beverages from around the globe.
3. **College Football Hall of Fame** - Every team is the home team at the College Football Hall of Fame and Chick-fil-A Fan Experience, where interactive installments keep you in the game. Sprint down memory lane with decades of memorabilia and learn about Hall of Fame inductees.
4. **Martin Luther King, Jr National Historic Site**—Visit the birth home of Martin Luther King Jr. and explore his legacy at the King Center. Stand in the footprints of change-makers and civil rights leaders on the International Civil Rights Walk of Fame at the Martin Luther King Jr. National Historic.
5. **SkyView Atlanta**—Hop into a SkyView Atlanta gondola and travel up more than 20 stories for a thrilling view of Atlanta. Once located in Florida and even Paris, the SkyView Ferris wheel is one of the newest additions to the collection of attractions surrounding Centennial

...And more—Atlanta, Botanical Gardens, Atlanta History Center, Atlantic Station, Centennial Olympic Park, CNN Studio Tours, Delta Flight Museum, Fox Theatre, Jimmy Carter Presidential Library, Center for Civil and Human Rights, Porsche Experience Center, Stone Mountain Park, The Varsity, Zoo Atlanta, Atlanta Beltline, Fernbank Museum...

5 Reasons to Come to the National Clogging Convention

1. **National Instructors**—Come learn from the masters in clogging. All your favorites will be there.
2. **Choice of Material**—Over 70 classes to pick from. All levels and genres of music. Seminars on fascinating subjects and lots of other dance forms.
3. **Certifications**—Get certified to teach or judge.
4. **Nighttime dances**—4 nights straight of fun dancing led by National Instructors
5. **Vendors**—Get the latest in shoes, clogging apparel and lots more.

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Thanks

Once again, the Appalachian Stomp is the result of numerous people sharing of their time, talents, and resources to help provide a fabulous day of dancing fun!

As a number of you noted, our venue location changed a couple of times in the planning phases this year. Our appreciation goes to the Town of Purcellville's Arts Council and the Virginia Commission for the Arts for providing BRTC a grant which enabled us to return to the Carver Center again this year!



We are also very appreciative that our national instructor, Josh, agreed to join us again this year! We are excited to have the opportunity to learn from him again, before he heads back to Australia!

We are extremely grateful to our regional and local instructors—Mary, Jayne, Joyce, Lynn, Amanda, Barb, Pam, and Beth. Their generosity in choreographing for and teaching at the Appalachian Stomp is the only way we are able to provide such a wonderful variety of dances! We especially want to recognize Pam, Barb, and Amanda, as this is their first year to teach at the Appalachian Stomp. Also, special thanks to the Celtic Rhythm School of Dance for their Celtic dance class.



While the instructors are a very visible portion of the workshop, there are innumerable helping hands who provide critical assistance and ensure the success of the day! Special thanks to a few of these people:

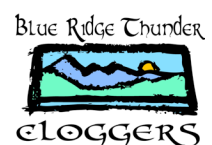
- Mary Smith for handling pre-registration and sound equipment
- Jayne Treadwell and Pam Smiley for the use of their equipment
- Joyce Guthrie (our event coordination consultant extraordinaire) for salad preparation, scheduling of teaches, decorations, and much more
- Chris Louder for stage construction
- Sherilyn Holmes for t-shirt design and syllabus publication
- Bob & Roz Custard for hosting Josh

Many volunteers who helped by soliciting donations, promoting, decorating, setting up equipment, registering, preparing lunch and dinner, filming, photographing, cleaning up, and completing the slew of other details that are needed in hosting a workshop.

While we dedicate the space here to thank a few of the many helpers, your personal thanks to the instructors and others who make this event happen is always appreciated as well!

And finally, but not least, our thanks and appreciation go out to each of you for attending Appalachian Stomp 2018! By your support and participation, we can celebrate the heritage of clogging and share it with future generations, because...

Some Days You Gotta Dance!



Break My Stride

Recorded by: Matthew Wilder – available on iTunes

Genre: Pop

Choreo: Mary Smith – Purcellville, Virginia – luv2clog@starpower.net

Sequence: Wait 16: Intro – A – B – A – B – C – D – B – B – B

Intermediate+

Length: 3:00

Intro (16 Beats)

ST ST(xib) ST Tch ST Tch ST Tch

1 2 3 4 5 6 7 8
L R L R R L L R

Boogie
Moving left

Repeat above on the other foot

Part A (32 Beats)

DS DS(xif) DS Turn ST ST/Drag ST/Drag ST/Drag Brush(back)

&1 &2 &3 & 4 5 6 7 8
L R L R L/R R/L L/R R

TripleTurn/Moon Walk
Turn ¾ R on Turn

ST DS(xib) RS(¼ R) ST RS(½ L) ST RS DS

1 &2 &3& 4 &5& 6 &7 &8
R L RL R LR L RL R

MJ Pivot

Repeat Triple Turn/Moon Walk, then do

ST DS(xib) RS(¼ R) ST Run Run Run Run Pause RS

1 &2 &3& 4 5 & 6 & 7 &8
R L RL R L R L R LR

MJ Run
Turn ½ L on 4 Runs

Part B (32 Beats)

Hop H ST Hop H ST Hop H ST RS

& a 1 & a 2 & a 3 &4
R L L L R R R L L RL

Stride Hops
Diagonally left

DS DS R S/Slur(b) ST/Slur(b) ST/Slur(b) ST/Slur(b) RS Clap

&1 &2 & 3 4 5 6 &7 8
R L R L/R R/L L/R R/L LR

Slurpie Back
Back up on Slurs

RS DS DS RS

&1 &2 &3 &4
LR L R LR

Rock Double Basic

Repeat Stride Hops diagonally right, Slurpie Back and Rock Double Basic

Part C (32 Beats)

ST DS(xif) ST RS DS DS RS RS
1 &2 &3 &4 &5 &6 &7 &8
L R L RL R L RL RL

Shave & a Haircut/Fancy Double

Repeat Shave & a Haircut and Fancy Double on the other foot (turn ¼ L on Fancy Double)

DS/Kick(fwd) Lift ST(back) ST Pause RS DS DS RS RS
&1 & 2 & 3 &4 &5 &6 &7 &8
L/R R R L RL R L RL RL

Split/Fancy Double
Turn ½ R on Fancy Double

Repeat just the Split on the other foot, then do

Run Run Run Run Pause Clap
1 & 2 & 3 4
L R L R

Run
Turn ¼ L to face front

Part D (32 Beats)

DS DS(xif) DS ST(¼ R) RS(xif) RS(os) RS(xib) Brush Up
&1 &2 &3 4 &5 &6 &7 &8
L R L R LR LR LR L

Triple Turn Rock Brush
Turn ¼ R on ST

DS DS(xif) DS ST(¼ R) ST RS DS RS
&1 &2 &3 4 5 &6 &7 &8
L R L R L RL R LR

Triple Turn Basics
Turn ¼ R on ST

DS DS(xif) DS ST(¼ R) RS(xif) RS(os) RS(xib) Brush Up
&1 &2 &3 4 &5 &6 &7 &8
L R L R LR LR LR L

Triple Turn Rock Brush
Turn ¼ R on ST

DS DS(xif) DS ST(¼ R) ST RS (Pause) ST Slide
&1 &2 &3 4 5 &6 &7 & 8
L R L R L RL R R

Triple Turn Basic Slide
Turn ¼ R on ST

INTRODUCTION TO BUCK

Buck Dance was introduced to the clogging community in the early 80s by Burton Edwards. In buck dancing, the knees stay flexed continuously. Most dancing is done on the balls of the feet. The ankle of the foot is used to flex or point the foot. Buck is a 'style' we add to our steps to create new rhythms.

In clogging, usually two sounds are made for each beat of music (i.e. Rock-Step). In buck dancing, three or four sounds are often made in the same amount of time (i.e. either Rk-HeelBall or HeelBall-HeelBall).

The musical beats are counted: 1 2 3 4

In clogging, we add the upbeats: & 1 & 2 & 3 & 4

In buck dancing, we add more sounds by using quarter beats and count them like this: e&a1 e&a2 e&a3 e&a4

The very basic buck methodology is to replace our Rock Step that is 1 count of music with 2 additional sounds that occur on the quarter note of 1 count. Let's look at how this breaks down.

In a clogging Basic we have:

double step rock step
&a 1 &. 2

In a Buck Basic we have:

double step heel ball heel step
&a 1 e & a 2

In a Burton Basic we have:

Skuff drag flap step heel ball heel step
e & a 1 e & a 2

Now there are a few ways to incorporate Buck into your dancing, and there are no 'rules'. The basic ways are to replace the rock step in any step. This rock step can be replaced with heels or toe edges and where you position your foot will help you determine which to use. Rock steps that are moving in front you would use heels, rock steps that are moving behind would use toes. But that ain't gospel! Be creative!

Now we'll look at some other basic steps and how you can incorporate the buck style. Here are some abbreviations I'll be using:

B	Ball	weight is on the ball of the foot, can be interchangeable with Step
DR	Drag	weight is on the foot, sliding slightly back by straightening the knee
DS	Double step	double step as done in clogging
FL	Flap	Slap the ball of the foot, no weight taken
H	Heel	heel edge strikes the floor, no weight is taken
R	Rock	weigh on ball of the foot, can be interchangeable with Ball
T	Toe	toe tap edge strikes the floor, no weight is taken
S	Step	full step takes weight, can be interchangeable with Ball
SK	Skuff	Skuff the heel tap forward

Basic Buck

DS H B H B
&1 e & a 2
L R R L L

Basic Toe Buck

DS T B H B
&1 e & a 2
L R R L L

Buck Chain Rock

DS R H S R H S R H S
&1 & a 2 & a 3 & a 4
L R L L R L L R L L

Pitter Patter

DS H B H B H B H B H B H S
&1 e & a 2 e & a 3 e & a 4
L R R L L R R L L R R L L

Gallop

DS R T(ib) B(ib) R(os) T(ib) B(ib) R(os) T(ib) S
&1 & a 2 & a 3 & a 4
L R L L R L L R L L

Fancy Double #1

DS DS R H B R H S
&1 &2 & 3 e & a 4
L R L R R L R R

Fancy Double #2

DS DS T B H B T B H S
&1 &2 e & a 3 e & a 4
L R L L R R L L R R

Buck Joey

DS T(ib) B(ib) H(os) B(os) H B T(ib) B H(os) B(os) H S
&1 e & a 2 e & a 3 e & a 4
L R R L L R R L L R R L L

Burton Basic

SK DR FL S H B H S
e & a 1 e & a 2
L R L L R R L L

CHRISTMAS COOKIES

Artist: George Strait

Basic

Choreo: Barbara Elko South Park PA

Pioneerclloggers@gmail.com

Sequence Intro Chorus A Chorus B Chorus C Chorus Break Chorus End

INTRO:

2 BOGGIE BASICS DS R(xib)S DS R(xib)S
L R L R L R
&1 & 2 &3 & 4

FANCY DOUBLE DS DS RS RS
L R LR LR
&1 &2 &3 &4

CHORUS:

COWBOY --moving forward-- ----backing----
DS DS DS BR/UP DS RS RS RS
L R L R R LR LR LR
&1 &2 &3 &4 &5 &6 &7 &8

TRIPLE STOMP & TRIPLE -----forward & dia left----- ----backing-----
DS DS DS STOMP STOMP DS DS DS RS
L R L R L R L R L R LR
&1 &2 &3 & 4 &5 &6 &7 &8

REPEAT Cowboy, (**Triple Stomp moves forward and dia right) Triple

PART A:

CLOGOVER VINE DS DS(xif) DS DS(xib) DS DS(xif) DS RS
L R L R L R L RL

2 BASICS & CHAIN 1/2 RIGHT DS RS DS RS DS RS RS RS(1/2R)
R LR L RL R LR LR LR
&1 &2 &3 &4 &5 &6 &7 &8

REPEAT ABOVE

CHORUS: Cowboy, Triple Stomp, Triple Cowboy, Triple Stomp, Triple

PART B:

CLOGOVER VINE DS DS(xif) DS DS(xib) DS DS(xif) DS RS
L R L R L R L RL

TRIPLE & CHAIN 360 LEFT DS DS DS RS DS RS RS RS(360L)
R L R LR R LR LR LR
&1 &2 &3 &4 &5 &6 &7 &8

REPEAT ABOVE opposite footwork & direction

PART C:

CLOGOVER VINE DS DS(xif) DS DS(xib) DS DS(xif) DS RS
L R L R L R L RL

2 OUTHOUSES DS Tch(ots) Tch(xif) Tch(ots) DS Tch(ots) Tch(xif) Tch(ots)
R L L L L R R R
&1 &2 &3 &4 &5 &6 &7 &8

REPEAT ABOVE opposite footwork & direction

BREAK: 4XS BOX

TRIPLE BR TURN & DS DS DS BR/UP(1/4LEFT) DS RS RS RS
PUSH OFF L R L R R LR LR LR
 &1 &2 &3 &4 &5 &6 &7 &8

CHORUS: Cowboy, Triple Stomp, Triple Cowboy, Triple Stomp, Triple

ENDING:

COWBOY H(if) DS DS DS BR/UP DS RS RS R H(if)
L R L R R R LR LR L R
&1 &2 &3 &4 &5 &6 &7 & 8

DANCE ABOVE THE RAINBOW

CHOREOGRAPHED BY BRTC SUMMER CAMPERS

Artist of the song: Roman Hardiman

SEQUENCE: A-B-A

WAIT 16 beats

PART A

DS RS DS RS DS RS DS RS 4 Basics
L RL R LR L RL R LR
&1 &2 &3 &4 &5 &6 &7 &8

DS DS DS RS DS DS DS RS 2 Triples
L R L RL R L R LR
&1 &2 &3 &4 &5 &6 &7 &8

DS DS RS RS DS DS RS RS 2 Fancy Doubles
L R LR LR L R LR LR
&1 &2 &3 &4 &5 &6 &7 &8

DS RS DS RS 2 Side Basics
L RL R LR
&1 &2 &3 &4

DS DS RS BrUP Double Basic Brush
L R LR L
&5 &6 &7 &8

PART B

DS DS(xif) DS DS(xib) DS DS(xif) DS RS Vine Left
L R L R L R L RL
&1 &2 &3 &4 &5 &6 &7 &8

DS DS(xif) DS DS(xib) DS DS(xif) DS RS Vine Right
R L R L R L R LR
&1 &2 &3 &4 &5 &6 &7 &8

H/FLAP STEP(xib) DS RS 2 Turkey Basics
L R L RL
&1 &2 &3 &4

H/FLAP STEP(xib) DS RS
R L R LR
&5 &6 &7 &8

DS DS DS BrUp Cowboy
L R L R R LR LR LR
&1 &2 &3 &4 &5 &6 &7 &8

DESPERATE MAN

LEVEL: Intermediate Plus

MUSIC: by Eric Church

LENGTH: 3:29 Mins

CHOREO: Josh "Clogdog" King

Visit www.theclogdog.com for cue sheets & videos!

SEQUENCE: Boo – V – Ch – Boo – V – Ch – Break – Boo x2 – V – Ch – Ch – Boo x2 - Ending

WAIT: 16 beats once music kicks in. LEFT FOOT LEAD.

Beats	Movement	Beats	Movement	Beats	Movement
BOO (16 beats)		CHORUS (32 beats)		CHORUS (32 beats)	
4	Ankle Breaks (1/4L)	4	Diggy Jump Cross	4	Diggy Jump Cross
4	Dbl-Down Heel (1/4L)	4	Time Step (3/4L)	4	Time Step (3/4L)
4	Ankle Breaks (1/4L)	4	2 Rock Heel Pulls	4	2 Rock Heel Pulls
4	Dbl-Down Heel (1/4L)	4	Running Doubles (3/4R)	4	Running Doubles (3/4R)
VERSE (32 beats)		4	Diggy Jump Cross	4	Diggy Jump Cross
4	Reverse Texas Kick	4	Time Step (3/4L)	4	Time Step (3/4L)
4	Step RS Basic	4	2 Rock Heel Pulls	4	2 Rock Heel Pulls
8	Chooka Chook (1/2R)	4	Running Doubles (3/4R)	4	Running Doubles (3/4R)
4	Reverse Texas Kick	BREAK (32 beats)		CHORUS (32 beats)	
4	Step RS Basic	4	Kentucky Slur	4	Diggy Jump Cross
8	Chooka Chook (1/2R)	4	Scooter (Fwd L)	4	Time Step (3/4L)
CHORUS (32 beats)		4	2 Bounce Heel Chugs	4	2 Rock Heel Pulls
4	Diggy Jump Cross	4	Fancy Double	4	Running Doubles (3/4R)
4	Time Step (3/4L)	4	Kentucky Slur	4	Diggy Jump Cross
4	2 Rock Heel Pulls	4	Scooter (Fwd R)	4	Time Step (3/4L)
4	Running Doubles (3/4R)	4	2 Bounce Heel Chugs	4	2 Rock Heel Pulls
4	Diggy Jump Cross	4	Fancy Double	4	Running Doubles (3/4R)
4	Time Step (3/4L)	BOO x2 (32 beats)		BOO x2 (32 beats)	
4	2 Rock Heel Pulls	4	Ankle Breaks	4	Ankle Breaks
4	Running Doubles (3/4R)	4	Dbl-Down Heel (1/4L)	4	Dbl-Down Heel (1/4L)
BOO (16 beats)		4	Ankle Breaks	4	Ankle Breaks
4	Ankle Breaks (1/4L)	4	Dbl-Down Heel (1/4L)	4	Dbl-Down Heel (1/4L)
4	Dbl-Down Heel (1/4L)	4	Ankle Breaks	4	Ankle Breaks
4	Ankle Breaks (1/4L)	4	Dbl-Down Heel (1/4L)	4	Dbl-Down Heel (1/4L)
4	Dbl-Down Heel (1/4L)	4	Ankle Breaks	4	Ankle Breaks
VERSE (32 beats)		4	Dbl-Down Heel (1/4L)	ENDING (13 beats)	
4	Reverse Texas Kick	4	Reverse Texas Kick	4	Ankle Breaks
4	Step RS Basic	4	Step RS Basic	4	Dbl-Down Heel
8	Chooka Chook (1/2R)	8	Chooka Chook (1/2R)	4	Ankle Breaks
4	Reverse Texas Kick	4	Reverse Texas Kick	1	DS(xif)
4	Step RS Basic	4	Step RS Basic		
8	Chooka Chook (1/2R)	8	Chooka Chook (1/2R)		

Step Explanations for: 'Desperate Man' - Choreo by: J. King

ANKLE BREAKS: (4)

DS/Flange S/Flange Step RS
 L R R L L RL
 &1 2 3 &4

DOUBLE DOWN HEEL: (4)

DS(if)/T(ib) S(ib)/H(if) Step RS
 R L L R R LR
 &a1 2 3 &4

REVERSE TEXAS KICK: (4)

DS DS(if)/T(ib) S/Kick(f) Hop/Kick(b) S/Heel(if)
 L R L L R L R R L
 &1 &a2 3 & 4

STEP RS BASIC: (4)

S RS DS RS
 L RL R LR
 1 &2 &3 &4

CHOOKA CHOOK: (8)

DS DT(xif) DT(x) S RS (Turn ½ R) Sk-Hop Br-S S Sk-Hop Br-S Step
 L R R R LR L R L L R L R L L R
 &1 &2 &3 4 &5 e & a 6 & a 7 e & 8

DIGGY JUMP CROSS: (4)

DS/Heel(os) B HB HB Bounce (apart) Bounce
 L R R LL RR Both RxifL
 &a1 2 e& a3 & 4

TIME STEP: (4)

Step B B Step B B Step
 R L R L R L R
 1 & 2 & 3 & 4

ROCK HEEL PULL: (2)

R H(if) *pull together* Step
 L R L
 & 1 (&) 2

RUNNING DOUBLES: (4)

Dbl-B Dbl-B Dbl-B Dbl-B Tch SL
 L L R R L L R R L R
 &a 1 e& a 2e & a3 e & 4

KENTUCKY SLUR: (4)

DS Dr-S(xif) DS Slur(xib) S
 L L R L R R
 &1 & 2 &3 & 4

SCOOTER: (4)

DS SL RS SL RS
 L L RL L RL
 &1 & 2& 3 &4

BOUNCE HEEL CHUG: (2)

DS(xib)/Bo B/H(if) Chug
 L B L R R
 &a1 & 2

FANCY DOUBLE: (4)

DS DS RS RS
 L R LR LR
 &1 &2 &3 &4

How Long

Artist: Charlie Puth (available on iTunes) 3:20

Beginner - Pop - Moderate

(Oct 2018)

Choreo : Pam Smiley, Email : clogrpam@gmail.com



(443) 377-4573

Sequence : Wait 16 – A – B – C – D - A - B - C – D – D - B – C* -- B - End

Part A – 32 Beats

(8) 4 Slow Toe Heels T H T H T H T H (forward)
 L L R R L L R R
 1 2 3 4 5 6 7 8

(4) 2 Basics DS RS DS RS (back)
 L RL R LR
 &1 &2 &3 &4

(4) Fancy Double DS DS RS RS
 L R LR LR
 &1 &2 &3 &4

****repeat all steps above****

Part B – 32 Beats (move left/right)

(8) 2 Slur Basics DS SLR(xib) S DS RS DS SLR(xib) S DS RS
 L R R R LR R L L R LR
 &1 & 2 &3 &4 &5 & 6 &7 &8

(4) 2 Rocking Chair DS BR SL DS RS DS BR SL DS RS (1/2 L)
 L R L R LR L R L R LR
 &1 & 2 &3 &4 &5 & 6 &7 &8

***** Repeat all steps to face front *****

Part C – 32 Beats

(8) Stomp Cowboy ST DS DS BR SL DS RS RS RS (1/2L)
 L R L R L R LR LR LR
 &1 &2 &3 & 4 &5 &6 &7 &8

(8) 2 Turkey Basics H FL S DS RS H FL S DS RS
 L L R R LR R R L R LR
 1 & 2 &3 &4 5 &. 6 &7 &8

***** Repeat all steps to face front *****

Part D – 16 Beats

(16) 2 Clogover vines DS DS(xif) DS(ots) DS(xib) DS(ots) DS(xif) DS(OTS) RS (clap twice)
 L R L R L R L RL
 &1 &2 &3 &4 &5 &6 &7 &8

Part A – 4 Slow Toe Heels / 2 Basics /Fancy Double *repeat*

Part B – 2 Slur Basics / 2 Rocking Chair (1/2L) *repeat *

Part C – Stomp Cowboy (1/2L) / 2 Turkey Basics *repeat*

Part D – 2 Clogover Vines (1/4L on each if you want variety)

Part D – 2 Clogover Vines. (1/4L on each if you want variety)

Part B – 2 Slur Basics / 2 Rocking Chair (1/2L) *repeat *

Part C* – Stomp Cowboy (1/2L) / 4 Steps (w/Claps) / 2 Turkey Basics /Stomp Cowboy (1/2L) / 2 Turkey Basics

Part B – 2 Slur Basics / 2 Rocking Chair (1/2L) *repeat *

End – 2 Steps

Abbreviations:

BA – Ball	DT – Double Toe	R – Rock	SLR - Slur	xib- cross in front
BR = Brush	FL – Flap toe down	RS – Rock Step	ST- Stomp	xif – cross in back
DR = Drag	H – Heel	S – Step takes wt		ots- out to side
DS = Double Toe Step	K– Kick	SL - Slide		fwd – forward

I just need U

TobyMac

Sequence: A B A B Break A B Break 2

Beginner Routine

Choreography: Amanda Burns

aburns475@gmail.com

A

4 stomp doubles – (sto dbl dbl rs)

4 cowboys (1/4 quarter turn) raise arms in the air on the rock steps – (dbl dbl br dbl rs rs rs)

B

2 Donkey's – (dbl lf tch xf lf tch s lf rs lf dbl rf tch xf rf tch rs rf)

4 Basics (1/4 quarter turn) ds rs ds rs ds rs ds rs

Break

Clog over Vine (Left) (ds s ds xf ds s ds xb ds s ds xf ds s ds rs)

Triple on the right (1/2 turn) (ds ds ds rs)

2 Basics ds rs ds rs

Repeat to the front

Break 2

Jingle Bell Rock

Artist: Bobby Helms

Sequence: A B A B Break A B*

Choreography: Amanda Burns

aburns475@gmail.com

Level: Beginner

A

4 Basics ds rs ds rs ds rs ds rs

1 rocking chair (1/4 turn) ds br ds rs

Repeat all the way around

B

1 Basketball turn (Left Foot) to the back

1 Basketball turn to the front

Break 1

Push Off to the left (8cts) ds ds ds ds

Push off to the right (8cts) ds ds ds ds

Push off to the front left (4cts) ds ds ds ds

Push off to the front Right (4cts) ds ds ds ds

Push off to the back left (4cts) ds ds ds ds

Push off to the back right (4cts) ds ds ds ds

B*

2 basketball turns step pivot to the back , step pivot to the front

1 jazz square (l xf r step l step r)

Ending Pose!

KUNG FU FIGHTING

LEVEL: Basic

LENGTH: 3:30 Mins

MUSIC: by Bus Stop featuring Carl Douglas

CHOREO: Josh "Clogdog" King

Visit www.theclogdog.com for cue sheets & videos!

SEQUENCE: Intro – Verse – Chorus – Break – Verse – Chorus – Break – Clog Fu – ½ Verse – Chorus

INTRO: Wait 16 beats. LEFT FOOT LEAD.

Beats	Movement	Beats	Movement	Beats	Movement
INTRO (16 beats)		VERSE (64 beats)		CLOG FU (32 beats)	
8	Tai Chi (L)	8	2x Triple Loops	4	Leader: Punch & Jump
8	Tai Chi (R)	8	2x Rocking Chairs(1/4L)	4	Class: Punch & Jump
VERSE (64 beats)		8	2x Triple Loops	4	Leader: Cross Turn
8	2x Triple Loops	8	2x Rocking Chairs(1/4L)	4	Class: Cross Turn
8	2x Rocking Chairs(1/4L)	8	2x Triple Loops	4	Leader: Punch & Jump
8	2x Triple Loops	8	2x Rocking Chairs(1/4L)	4	Class: Punch & Jump
8	2x Rocking Chairs(1/4L)	8	2x Triple Loops	4	Leader: Cross Turn
8	2x Triple Loops	8	2x Rocking Chairs(1/4L)	4	Class: Cross Turn
8	2x Rocking Chairs(1/4L)	CHORUS (32 beats)		4	The Crane!
8	2x Triple Loops	4	Chain Rock (L)	1/2 VERSE (64 beats)	
8	2x Rocking Chairs(1/4L)	4	Kung Fu Shuffle (1/4L)	8	2x Triple Loops
CHORUS (32 beats)		4	Chain Rock (L)	8	2x Rocking Chairs(1/2L)
4	Chain Rock (L)	4	Kung Fu Shuffle (1/4L)	8	2x Triple Loops
4	Kung Fu Shuffle (1/4L)	4	Chain Rock (L)	8	2x Rocking Chairs(1/2L)
4	Chain Rock (L)	4	Kung Fu Shuffle (1/4L)	CHORUS (32 beats)	
4	Kung Fu Shuffle (1/4L)	4	Chain Rock (L)	4	Chain Rock (L)
4	Chain Rock (L)	4	Kung Fu Shuffle (1/4L)	4	Kung Fu Shuffle (1/4L)
4	Kung Fu Shuffle (1/4L)	BREAK (32 beats)		4	Chain Rock (L)
4	Chain Rock (L)	8	2x Triple Brushes (Fwd)	4	Kung Fu Shuffle (1/4L)
4	Kung Fu Shuffle (1/4L)	8	4x Basics (1/2L)	4	Chain Rock (L)
4	Chain Rock (L)	8	2x Triple Brushes (Fwd)	4	Kung Fu Shuffle (1/4L)
4	Kung Fu Shuffle (1/4L)	8	4x Basics (1/2L)	4	Chain Rock (L)
BREAK (32 beats)				4	Kung Fu Shuffle (1/4L)
8	2x Triple Brushes (Fwd)			1	STEP!
8	4x Basics (1/2L)				
8	2x Triple Brushes (Fwd)				
8	4x Basics (1/2L)				

Step Explanations for: 'Kung Fu Fighting' - Choreo by: Josh King

TAI CHI: (8)

Step(os) R Step(together) - Bounce knees 4 times

L R L
1-2 3 4 5 - 6 - 7 - 8

TRIPLE LOOP: (4)

DS(os) DS(xif) DS(os) S(xib)

L R L R
&1 &2 &3 4

ROCKING CHAIR: (4)

DS BR-SL DS RS

L R L R LR
&1 & 2 &3 &4

CHAIN ROCK: (4)

DS RS RS RS (moving left)

L RL RL RL
&1 &2 &3 &4

KUNG FU SHUFFLE: (4)

Kick(os) S DR-SL DR-SL

R R B B B R
1 2 & 3 & 4

TRIPLE BRUSH: (4)

DS DS DS BR-SL

L R L R L
&1 &2 &3 & 4

BASIC: (2)

DS RS

L RL
&1 &2

PUNCH AND JUMP: (4)

Punch L arm - Punch R arm - Hop(apart) Hop(tog) Hop(apart)

Across body Across body B B B
1 2 3 & 4

CROSS TURN: (4)

Hop(apart) Hop(cross) *turn 360 L* Clap

B RxifL
1 2 (3&) 4

Life Changes

Artist: Thomas Rhett (available on iTunes) 3:11

Beginner - Country - Moderate

(Oct 2018)



Choreo : Pam Smiley, Email : clogrpam@gmail.com

(443) 377-4573

Sequence : Wait 16 – A – B – C – A - B - C – A-- B – C -- C

Part A – 32 Beats

(8) 2 Turkey Basics

H	FL	S	DS	RS	H	FL	S	DS	RS
L	L	R	L	RL	R	R	L	R	LR
1	&	2	&3	&4	5	&	6	&7	&8

(8) Cowboy

DS	DS	DS	BR	SL	DS	RS	RS	RS
L	R	L	R	L	R	LR	LR	LR
&1	&2	&3	&	4	&5	&6	&7	&8

(8) 2 Brushes
& 2 Basics

DS	BR	SL	DS	BR	SL	DS	RS	DS	RS
L	R	L	R	L	R	L	RL	R	LR
&1	&	2	&3	&	4	&5	&6	&7	&8

Part B – 32 Beats (1/4 L)

(8) Rocking Chair
& Fancy Double

DS	BR	SL	DS	RS	DS	DS	RS	RS
L	R	L	R	LR	L	R	LR	LR
&1	&	2	&3	&4	&5	&6	&7	&8

***** Repeat all steps 3 more times to each wall until back to face front *****

Part C – 16 Beats (move left/right)

(8) 2 Slurs
& Triple

DS	SLR(xib)	S	DS	SLR(xib)	S	DS	DS	DS	RS
L	R	R	L	R	L	R	L	R	LR
&1	&	2	&3	&	4.	&1	&2	&3	&4

***** Repeat all steps above opposite footwork *****

Part A – 2 Turkey Basics / Cowboy / 2 Brushes / 2 Basics

Part B – Rocking Chair (1/4L) / Fancy Double *repeat 3 more times*

Part C – 2 Slurs / Triple *repeat*

Part A – 2 Turkey Basics / Cowboy / 2 Brushes / 2 Basics

Part B – Rocking Chair (1/4L) / Fancy Double *repeat 3 more times*

Part C – 2 Slurs / Triple *repeat*

Part C – 2 Slurs / Triple *repeat*

Abbreviations:

BA – Ball	DT – Double Toe	R – Rock	SLR - Slur	xib- cross in front
BR = Brush	FL – Flap toe down	RS – Rock Step	T – Toe	xif – cross in back
DR = Drag	H – Heel	S – Step takes wt	JP - Jump	ots- out to side
DS = Double Toe Step	K– Kick	SL - Slide		fwd - forward

LIVE LOUDER

LEVEL: Intermediate

MUSIC: Nathaniel

LENGTH: 3:09 Mins

CHOREO: Josh "Clogdog" King

SPEED: Normal

Visit www.theclogdog.com for cue sheets & videos!

SEQUENCE: VERSE – VERSE – CHORUS – 1/2 BREAK – VERSE 2 – CHORUS – BREAK – INSTRUMENTAL –

CHORUS – CHORUS - BREAK

WAIT: 16 beats LEFT FOOT LEAD

Beats	Movement	Beats	Movement	Beats	Movement
<u>VERSE</u> (32 beats)		<u>VERSE 2</u> (48 beats)		<u>CHORUS</u> (32 beats)	
4	Four Count Vine	4	Four Count Vine	4	Mountain Basic
4	Basic Pull	4	Basic Pull	4	Joey
4	Four Count Vine	4	Four Count Vine	4	Karate Turn (1/2R)
4	Basic Pull	4	Basic Pull	4	Triple
4	Na Na	8	4 Basics (1/4L on each)	8	2 Twist 'n' Lift
4	Basic Modified	8	2 Half Samantha	4	2 Basics (1/2L)
4	Na Na	4	Na Na	4	Mountain Goat
4	Basic Modified	4	Basic Modified	<u>CHORUS</u> (32 beats)	
<u>VERSE</u> (32 beats)		4	Na Na	4	Mountain Basic
4	Four Count Vine	4	Basic Modified	4	Joey
4	Basic Pull	<u>CHORUS</u> (32 beats)		4	Karate Turn (1/2R)
4	Four Count Vine	4	Mountain Basic	4	Triple
4	Basic Pull	4	Joey	8	2 Twist 'n' Lift
4	Na Na	4	Karate Turn (1/2R)	4	2 Basics (1/2L)
4	Basic Modified	4	Triple	4	Mountain Goat
4	Na Na	8	2 Twist 'n' Lift	<u>BREAK</u> (32 beats)	
4	Basic Modified	4	2 Basics (1/2L)	4	Push Chain Skuff
<u>CHORUS</u> (32 beats)		4	Mountain Goat	4	Pause Chain (3/4R)
4	Mountain Basic	<u>BREAK</u> (32 beats)		4	Push Chain Skuff
4	Joey	4	Push Chain Skuff	4	Pause Chain (3/4R)
4	Karate Turn (1/2R)	4	Pause Chain (3/4R)	4	Push Chain Skuff
4	Triple	4	Push Chain Skuff	4	Pause Chain (3/4R)
8	2 Twist 'n' Lift	4	Pause Chain (3/4R)	4	Push Chain Skuff
4	2 Basics (1/2L)	4	Push Chain Skuff	4	Pause Chain (3/4R)
4	Mountain Goat	4	Pause Chain (3/4R)		
<u>1/2 BREAK</u> (16 beats)		4	Push Chain Skuff		
4	Push Chain Skuff	4	Pause Chain (3/4R)		
4	Pause Chain (Full R)	<u>INSTRUMENTAL</u> (32 beats)			
4	Push Chain Skuff	8	2 Triple Kicks (Fwd)		
4	Pause Chain (Full R)	4	Turkey (1/4R)		
		4	Triple (1/4R)		
		8	2 Triple Kicks (Fwd)		
		4	Turkey (1/4R)		
		4	Footloose Clap (1/4R)		

Step Explanations for: 'Live Louder' - Choreo by: J. King

FOUR COUNT VINE: (4)

DS (OTS) DS (XIF) DS (OTS) DS (XIB)
L R L R
&1 &2 &3 &4

BASIC PULL: (4)

DS R S (OTS) PULL (CLOSE) -RS (BS)
L R L RL
&1 &2 &3 &4

NA NA: (4)

(P) BA BA (P) BA (P) BA (P) BA S LIFT/SL
L R L R L R L/R
& 1 e & a 2 e & a 3 &4

BASIC MODIFIED: (4)

(P) S RS DS RS
L RL R LR
& 1 &2 &3 &4

MOUNTAIN BASIC: (4)

(P) STO DT (UP) H DS RS
L R L R LR
& 1 & 2 &3 &4

JOEY: (4)

DS BA (XIB) BA (OTS) BA (OTS) BA (XIB) BA (BS) S
L R L R L R L
&1 & 2 & 3 & 4

KARATE: (4)

DS K (PVT 1/2 R) (P) S DR SL
R L L L L
&1 & 2 & 3 & 4

TRIPLE: (4)

DS DS DS RS
R L R LR
&1 &2 &3 &4

MOUNTAIN GOAT: (4)

DS BA (XIF) BA (OTS) BA (OTS) BA (XIF) BA (XIB) SL
L R L R L R R
&1 & 2 & 3 & 4

TWIST 'N' LIFT: (4)

DT-TW/TW (H'S L) (P) TW/TW (H'S R) (P) TW/TW (H'S L) TW/TW (H'S R) SL/LIFT
L L/R L/R L/R L/R L/R
& 1 & 2 & 3 & 4

PUSH CHAIN SKUFF: (4) - MOVE LEFT

(P) S (OTS) R S (OTS) R S (OTS) (P) SK
L R L R R
& 1 & 2 & 3 & 4

PAUSE CHAIN:

(P) S RS RS RS
R LR LR LR
& 1 &2 &3 &4

HALF SAMANTHA: (4)

DS DS (XIF) DR S R (BK) S
L R R L R L
&1 &2 & 3 & 4

TURKEY: (4)

(P) H-FL S (XIB) DS RS
L L R L RL
& 1 & 2 &3 &4

TRIPLE KICK: (4)

DS DS DS DR/K SL
L R L L/R L
&1 &2 &3 & 4

FOOTLOOSE CLAP: (4)

(P) S/TCH (OS) (P) S/TCH (OS) (P) S/TCH (OS) (P) CLAP
R/L L/R R/L
& 1 & 2 & 3 & 4

My Feet Are on the Rock

Recorded by: I Am They Time 3:04 Genre: Contemporary Christian
Choreography: Joyce Guthrie – Waterford, VA – iClog@mac.com – 540.454.2536

Sequence: Wait 8 A – A* – B – A – B – C – Break – B* – B* – B**

Intermediate+ Line



PART A (32 Beats)

DS DS(xib) RS/Spin S RS Dbl/Hop Tch(xif) S Dbl/Hop Tch/Up
&1 &2 & 3 4 &5 e& a 6 & a7 e & 8
L R LR R L RL R R L L R R L L

Stomp DT(xif) DT(os) BA BA BA S K DS RS
1 &2 &3 & 4 & 5 &6 &7 &8
L R R R L R L R R LR

S Knee Pop/Talk to the hand S Knee Pop/Talk to the hand
1 2 3 4
L R R L

S Dbl/Hop Tch(xif) S Dbl/Hop Tch/Up
1 e& a 2 3 e& a 4 &
L R R L L R R L L

Stamp(os) Stamp(os) Stamp(os) Stamp(os) BA/BA H/H RS RS Dbl/Hop Tch
1 2 3 4 & e a 5 &6 &7 e & 8
L L R R R L R/L RL RL R R L

Canadian Whirlwind

Turn 360° L on Spin

Ghostbuster

Turn 360° Right

Stop

Lean into the Step with attitude
“Stop” hand like directing traffic
2nd time thru use raised R hand

Bada Bing

Stamp & Crimp

PART A* (32 Beats)

Hop Dbl(os) H BA S R(ib)S Dbl/Hop Tch(xif)
& e a 1 & 2 & 3 e& a 4
L R L R R L R L R L

S BA(xib) BA(os) BA(os) BA(xib) BA(os) Lift
1 & 2 & 3 & 4
L R L R L R L

DS Dbl(os) R/H RS
&1 &2 & 3 &4
L R R L RL

S DS(xif) S DS(xib) S
1 &2 & 3& 4
R L R L R

S Knee Pop/Fear hands S Knee Pop/Folded arms
1 2 3 4
L R R L

S Dbl/Hop Tch(xif) S Dbl/Hop Tch/Up
1 e& a 2 3 e& a 4 &
L R R L L R R L L

Stamp(os) Stamp(os) Stamp(os) Stamp(os) BA/BA H/H RS RS Dbl/Hop Tch
1 2 3 4 & e a 5 &6 &7 e & 8
L L R R R L R/L RL RL R R L

JAG

Joey Lift

Eric

Dennison

Stop Fear

Lean into the Step with attitude
1^s lean = “Fear” hands;
2nd lean = folded arms across chest

Bada Bing

Stamp & Crimp

PART B (40 Beats)

S DS(xif) DR/S DR/S R/H/Flap S DS RS
 1 &2 & 3 & 4 & 5 & 6 &7 &8
 L R R L L R LR R L R LR

Sam Turk

S DT(xif) DT(os) BA Down Spin S RS Lift
 1 &2 &3 & 4 5 6 &7 &8
 L R R Both L R LR L

Scotty Spin
 Turn 360° L on Spin L

S Tch/Clap S Tch/Clap S Tch/Clap S Tch/Clap
 1 2 3 4 5 6 7 8
 L R R L L R R L

Step & Claps
 With Attitude

S S S S
 1 2 3 4
 L R L R

Dance in the Rain
 360° turn L to front
 Hands up in "V" – dance in rain

BA/BA(os) Spin 360° S Pause
 & 1 2 3 4
 L R L R

Spin & Bing
 Spin – on ball of L foot

RS DS Dbl H/H Up
 &1 &2 & 3 & 4
 LR L R L/R R

Burton's Rock

DS DS BA/Slide RS
 &1 &2 & 3 &4
 R L R R LR

Fancy Chug

B Leave off last 8 beats (Burton's Rock & Fancy Chug).*

*B** ONLY Burton's Rock & Fancy Chug plus 2 BIG Steps, R fist punch the sky to end.*

BREAK (Talk – 48 Beats)

Stamp Stamp Tch(xif) Turn (½ L) Push Push Push Push (Turn ½ L on Pushes)
 1 2 3 4 5 6 7 8
 L L R Both R R R R

The ROCK x 3
 Turn ¼ on 1st & 2nd Stomps
 Turn ½ to front on 3rd time thru

Stamp Stamp Clap Clap Clap Whoop (R Foot up R arm fisted circle) Stomp Pause
 1 2 3 & 4 5-6 7 8
 R R R

Step Legend:

DS	Double Step	xif	Cross in front	H	Heel	L	Left
RS	Rock Step	xib	Cross in back	BR	Brush	R	Right
Dbl	Double Toe	os	Outside (to the side)	BA	Ball	S	Step
T	Toe	if	In front	Tch	Touch	SL	Slide
K	Kick	ib	In back				

NO EXCUSES

LEVEL: Intermediate

MUSIC: Meghan Trainor

LENGTH: 2:33 Mins

CHOREO: Josh "Clogdog" King

Visit www.theclogdog.com for cue sheets & videos!

SEQUENCE: A – B – C – A – B – C – Break – B – C – Break

WAIT: 16 beats once music kicks in. LEFT FOOT LEAD.

Beats Movement

Beats Movement

Beats Movement

<p><u>PART A</u> (32 beats)</p> <p>7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug 7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug</p> <p><u>PART B</u> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><u>PART C</u> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p>	<p><u>PART A</u> (32 beats)</p> <p>7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug 7 Trainer 4 Stomp Basic Pull 5 Jog 3 / Basic Chug</p> <p><u>PART B</u> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><u>PART C</u> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p> <p><u>BREAK</u> (32 beats)</p> <p>4 Stagger 4 Fancy Double 8 Samantha Rock 4 Stagger 4 Fancy Double 8 Samantha Rock</p>	<p><u>PART B</u> (16 beats)</p> <p>4 2 Step Pulls 4 Chain Rock Turn 8 Single Loop Run</p> <p><u>PART C</u> (32 beats)</p> <p>4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 4 Triple 4 Dippidown (3/4L) 2 Pivot Turn (1/4R) 6 Mama Jam</p> <p><u>BREAK</u> (32 beats)</p> <p>4 Stagger 4 Fancy Double 8 Samantha Rock 4 Stagger 4 Fancy Double 8 Samantha Rock</p>
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Step Explanations for: 'No Excuses' - Choreo by: J. King

TRAINER: (7)

S(os) S(ib) S(os) S(os) S(ib) S(os) S Sk-SL H(if)-Flap *pull L foot* S
 L R L R L R L R L R R L
 1 & 2 & 3 & 4 & 5 & 6 (&) 7

STOMP BASIC PULL: (4)

ST DS(xib) R-S(os) *pull R foot* S
 R L R L R
 1 &2 & 3 (&) 4

JOG 3 / BASIC CHUG: (5)

B B B DS RS *pause* Chug
 L R L R LR L
 1 & 2 &3 &4 (&) 5

STEP PULLS: (2)

S(os) *pull R foot to L* S(together)
 L R
 1 & 2

CHAIN ROCK TURN: (4)

DS RS RS RS (Turn 360 L)
 L RL RL RL
 &1 &2 &3 &4

SINGLE LOOP RUN: (8)

DS DR-S(xib) DS(os) DS(xif) DS DR-S(xib) DS/H(if) Chug
 R R L R L R R L R L L
 &1 & 2 &3 &4 &5 & 6 &7 8

DIPPIDOWN: (4)

DS(xif) S(ib) S RS (Turn 3/4L on 3&4)
 L R L RL
 &1 2 3 &4

TRIPLE: (4)

DS DS DS RS
 R L R LR
 &1 &2 &3 &4

PIVOT TURN: (2)

S(if) *pivot 1/4R* S
 L R
 1 (&) 2

MAMA JAM: (6)

S(slide os) S(slide os) S(if) RS S(if) Chug
 L R L RL R L
 1 2 3 &4 5 6

STAGGER: (4)

DS/Heel(os) Toe(xif) S RS
 L R R R LR
 &a1 2 3 &4

FANCY DOUBLE: (4)

DS DS RS RS
 L R LR LR
 &1 &2 &3 &4

SAMANTHA ROCK: (8)

DS DS(xif) S(ib) S(b) RS DS RS RS
 L R L R LR L RL RL
 &1 &2 3 4 &5 &6 &7 &8

NOT TODAY

LEVEL: Basic

MUSIC: twenty one pilots

LENGTH: 3:57 Mins

CHOREO: Josh "Clogdog" King

Visit www.theclogdog.com for cue sheets & videos!

SEQUENCE: A – B – Brk – A – B – C – Brk – Bridge1 – B – C – Bridge2 – Brk – B – C – C – Bridge2 - End

INTRO: Wait 8 beats. LEFT FOOT LEAD.

Beats	Movement	Beats	Movement	Beats	Movement
<u>PART A</u> (32 beats)		<u>PART C</u> (32 beats)		<u>PART B</u> (32 beats)	
4	Slur Basic (L)	8	3-Step Vine L & R	4	Rocking Chair (1/4L)
4	Slur Basic (R)	8	2 Stomp Doubles (1/2L)	4	2 Basics
8	Slow Chain	8	3-Step Vine L & R	4	Rocking Chair (1/4L)
4	Slur Basic (R)	8	2 Stomp Doubles (1/2L)	4	2 Basics
4	Slur Basic (L)	<u>BREAK</u> (8 beats)		4	Rocking Chair (1/4L)
8	Slow Chain	4	Chain Rock (L)	4	2 Basics
<u>PART B</u> (32 beats)		4	Chain Rock (R)	4	Rocking Chair (1/4L)
4	Rocking Chair (1/4L)	<u>BRIDGE 1</u> (16 beats)		4	2 Basics
4	2 Basics	4	2 Step Kicks	<u>PART C</u> (32 beats)	
4	Rocking Chair (1/4L)	4	Stomp Double	8	3-Step Vine L & R
4	2 Basics	4	2 Step Kicks	8	2 Stomp Doubles (1/2L)
4	Rocking Chair (1/4L)	4	Stomp Double	8	3-Step Vine L & R
4	2 Basics	<u>PART B</u> (32 beats)		8	2 Stomp Doubles (1/2L)
4	Rocking Chair (1/4L)	4	Rocking Chair (1/4L)	<u>PART C</u> (32 beats)	
4	2 Basics	4	2 Basics	8	3-Step Vine L & R
<u>BREAK</u> (8 beats)		4	Rocking Chair (1/4L)	8	2 Stomp Doubles (1/2L)
4	Chain Rock (L)	4	2 Basics	<u>BRIDGE 2</u> (32 beats)	
4	Chain Rock (R)	4	Rocking Chair (1/4L)	8	Clog Over Vine (L)
<u>PART A</u> (32 beats)		4	2 Basics	8	4 Basics (1/4R ea)
4	Slur Basic (L)	4	Rocking Chair (1/4L)	8	Clog Over Vine (R)
4	Slur Basic (R)	4	2 Basics	8	4 Basics (1/4L ea)
8	Slow Chain	<u>PART C</u> (32 beats)		<u>END</u> (9 beats)	
4	Slur Basic (R)	8	3-Step Vine L & R	8	3-Step Vine L & R
4	Slur Basic (L)	8	2 Stomp Doubles (1/2L)	1	Step (L foot)
8	Slow Chain	8	3-Step Vine L & R		
<u>PART B</u> (32 beats)		8	2 Stomp Doubles (1/2L)		
4	Rocking Chair (1/4L)	<u>BRIDGE 2</u> (32 beats)			
4	2 Basics	8	Clog Over Vine (L)		
4	Rocking Chair (1/4L)	8	4 Basics (1/4R ea)		
4	2 Basics	8	Clog Over Vine (R)		
4	Rocking Chair (1/4L)	8	4 Basics (1/4L ea)		
4	2 Basics	<u>BREAK</u> (8 beats)			
4	Rocking Chair (1/4L)	4	Chain Rock (L)		
4	2 Basics	4	Chain Rock (R)		

Step Explanations for: 'Not Today' - Choreo by: Josh King

SLUR BASIC: (4)

DS Slur(ib)-S(xib) DS RS
L R R L RL
&1 & 2 &3 &4

BASIC: (2)

DS RS
L RL
&1 &2

CHAIN ROCK: (4)

DS RS RS RS (moving left)
L RL RL RL
&1 &2 &3 &4

STOMP DOUBLE: (4)

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

CLOG OVER VINE: (8)

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

SLOW CHAIN: (8)

S(os) (pause) R-S (pause) R-S (pause) R-S (pause)
L R L R L R L
1 (&2) & 3 (&4) & 5 (&6) & 7 (&8)

ROCKING CHAIR: (4)

DS BR-SL DS RS
L R L R LR
&1 & 2 &3 &4

STEP KICK: (2)

S KICK (kick goes straight out on downbeat)
L R
1 2

3-STEP VINE L&R: (8)

S(os) S(xib) S(os) Tch S(os) S(xib) S(os) Tch
L R L R R L R L
1 2 3 4 5 6 7 8

Save the Last Dance for Me

Intermediate Line/Contra Dance

Recorded by: Michael Bubl  Time 3:39 Genre: Swing/Crooner
Choreography: Joyce Guthrie – Waterford, VA – iClog@mac.com – 540.454.2536

Sequence: Wait 8 Intro – A – B – A – B* – C – A – B* – C – A – B –
Broken B –   B –   B –   B* –   B**



INTRO – (24 Beats)

8 Basics Come to two columns: Leads on L facing “up the hall” (to front of room); Ladies on R Starting at the head of the columns, couples are numbered 2 then 1 (1st couple is a #2).
2 Basics 1st Basic rocks behind; Lines face each other on 2nd Basic
2 Basics All #2 couples CA Twirl to trade places; All #1 couples hold position while dancing
2 Basics Face the head of the hall and wave
2 Basics Face partner and bow
2 Chains (L & R) Both lines/columns Chain L then R

PART A – Verse (20 Beats x 2)

2 Basics Face corner, clap & slap R hands on RS of 1st Basic;
Face partner and clap twice on RS of 2nd Basic
4 Toe/Ball Steps Move toward partner
2 Triples Partners put inside arms around each other’s waist and turn clockwise;
Lead leaves Lady on his R in new position; Lead has moved to partner’s former position;
Use 2nd Triple to move towards partner, hands up and touching partner’s hands then
push away on RS of 2nd Triple.
Fancy Double Turn towards new partner; Consider old partner (on R) as new corner

Repeat all with NEW partner – end with Lead in original position facing original partner who is now on their L.

PART B – Chorus (32 Beats)

8 Basics L & R Grand up/down the hall with 3 people (Basics #1-3); Turn the 3rd person all the way around (Basic #4) and head back home via L & R Grand with 2 people (Basics #5-6); 2nd person is your original partner – Lead will Courtesy Turn Lady (Basics #7-8) so that both are in original columns facing each other
8 Steps “Gypsy/Facetime” your partner – turn 360° clockwise with eyes locked on each other but without touching – end facing each other in columns
4 Basics Face up/down the hall and take hands with partner on 1st Basic; #1 couples will face up the hall, #2 couples will face down the hall; #1 couples raise hands on 2nd Basic; #2 couples go under the arch; Dip and Dive to move up/down the hall one place; Both couples progress only one place, end facing original partner in new position

B – Dip & Dive ends abruptly & pauses. #1 couples take hands, up/over –> down quickly to pause. (2 Basics & 1 DS)*

Broken B – Start L & R Grand (4 Basics) add DS and pause –> continue L & R Grand (4 Basics) thru Dip & Dive

 B – Gypsy/Facetime with CORNER –> 4 Basics with PARTNER to progress thru Dip & Dive; this happens twice

 B – Gypsy/Facetime with CORNER –> 2 Basics take PARTNER’S hand on 1st; CA Twirl on 2nd*

* B** – Gypsy/Facetime with PARTNER –> 2 Basics take PARTNER’S hand on 1st; CA Twirl on 2nd & shake to the rhythm*

PART C – (32 Beats)

8 Steps Leads Do-si-do (L shoulder pass) to switch places; Ladies Do-si-do to switch places
8 Steps R & L Star: Ladies to center with R Hand Star (walk 4); Change to L Hand Star (walk 4); Leads keep time with Step Touches x 4
8 Basics Reel ‘em Now Reel ‘em: (2 Basics for every turn) – Take CORNER by R hand to turn  ; L hand to turn PARTNER  ; R hand to turn CORNER  ; Courtesy turn PARTNER to original place/column

SPEAK LIFE

Artist: Toby Mac

Easy Beginner

Choreographed BRTC/ Beth Dunlap

SEQUENCE: Wait 16 (or listen) - A-CHORUS-A-CHORUS

PART A

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

TRIPLE MOVING FORWARD

DS DS DS RS
R L R LR
&1 &2 &3 &4

TRIPLE MOVING BACK

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

TRIPLE MOVING LEFT

DS DS DS RS
R L R LR
&1 &2 &3 &4

TRIPLE MOVING RIGHT

DS DS RS RS
L R LR LR
&1 &2 &3 &4

FANCY DOUBLE

DS DS HEEL HEEL RS
L R L R LR
&1 &2 & 3 &4

WALK THE DOG

REPEAT FANCY DOUBLE, WALK THE DOG

CHORUS

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

CLOG OVER VINE (MOVING LEFT)

DS DS(xif) DS DS(xib) DS DS(xif) DS RS
R L R L R L R LR
&1 &2 &3 &4 &5 &6 &7 &8

CLOG OVER VINE (MOVING RIGHT)

DS RH (tif) RH(tos) RH(tib)
L RL RL RL
&1 &2 &3 &4

2 DONKEYS (1ST STARTING ON LEFT FOOT
2ND OPPOSITE FOOT WORK)

TS TS TS TS TS TS TS TS
L R L R L R L R
&1 &2 &3 &4 &5 &6 &7 &8

TOE STEPS (1st 4 TS FACE 45 DEGREES TO LEFT
2nd 4 TS FACE 45 DEGREES TO RIGHT)

REPEAT CLOG OVER VINES

Step Explanations for: 'Still Feeling Blue' - Choreo by: Josh King

RIO SKUFF: (8)

DS Dbl-Hop Dbl-Hop S Skuff Hop S Skuff Hop Bo/Bo S PB Tch SL PB Tch SL
L R L R L R L R L R L R RxifL R RR L R RR L R
&1 ea & ea 2 & a 3 & a 4 & 5 &a 6 & 7e & 8

ROCK PULL CANADIAN: (4)

R S(if) *pull L foot tog*(1/4L) S S Dbl-Hop Tch Chug
L R L L R L L L
& 1 & 2 & a3 e & 4

GALLOP & TURN: (8)

DS H-Drop HB H-Drop HB H-Drop HB R S(if) (Turn 3/4R) S DR-SL DR-SL
L R R LL R R LL R R LL R L R B B B R
&1 & e a2 & e a3 & e a4 & 5 & 6 & 7 & 8

DOUBLE SPLIT SKUFF: (8)

DS Dbl/Bo Bo/H(if) S Sk-Hop Br-Bo Bo/H(if) S Sk-Hop Br-S DS S-SL
L R B R L L R L R B R L L R L R R L R R
&1 &a 2 & 3 e & a 4 & 5 e & a 6 &7 & 8

SLUR RUNNING DOUBLES: (8)

DS(os) Slur S(ib) R S(os) Slur S(ib) R S Dbl-B Dbl-B Dbl-B Tch SL
L R R L R L L R L R R L L R R L R
&1 & 2 & 3 & 4 & 5 e& a 6e & a7 e & 8

BOUNCE HOP TURN: (8)

D-Bo(out) Hop(1/2L) Bo Hop(1/4L) S(ib) *pull* S TB HB Sk-Hop Br-S TB HB Sk-Hop Br-Hop
L B L B L R L L RR LL R L R R LL RR L R L R
&a1 & 2 & 3 & 4 e& a5 e & a 6 e& a7 e & a 8

DOUBLE TRIPLE CHUG: (8) (Turn 1/4 L at start of step)

Dbl-Dbl Dbl-Dbl Dbl-Dbl-B Dbl(if)-B Dbl(xif)-B TB Dbl(os)-B Dbl(if)-B Dbl(xif)-B TB B/H Chug
R R L L R R R L L R R LL R R L L R R LL R L L
&a 1e &a 2e &a 3e & ea 4 ea & a5 ea & ea 6 ea & a7 & 8

BRUSHBACK 3: (8)

DS S(360L) R-S(os) B(ib) Br-S Tch SL S(os) B(ib) Br-S Tch SL S(os) B(ib) Br-S Tch SL
L R L R L R R L R L R L L R L R L R R L R
&1 & (2) & 3 e & a 4 & 5 e & a 6 & 7 e & a 8 &

ERIC HOP: (4)

S Dbl-Hop T(ib)-Hop S Dbl-Hop T(ib)-Hop S S
L R L R L R L R L R L R
1 e& a 2 e & a3 e & a 4 &

GREGORY SWITCHES: (4)

S Hit-Click-S Hit-Click-S Hit-Click-S B B S S
L R both R L both L R both R L R L R
1 e & a 2 e & a 3 e & a 4 &

CANADIAN 8: (8)

S Dbl-Hop Dbl-Hop TB Dbl-B Dbl-B(xif) TB Dbl-Hop Dbl-Hop TB Dbl-Hop Tch
L R L R L RR L L R R LL R L R L RR L R L
1 e& a 2e & a3 e& a 4e & a5 e& a 6e & a7 e& a 8

SHAVE & A HAIRCUT: (4)

S DS(xif) S(ib)/Kick *pause* R(os) S(xif)
L R L R R L
1 &2 & (3) & 4

Sway

Artist: Danielle Bradbery
 CD: I Don't Believe We've Met
 Music: Country
 Length: 3:32 minutes
 Speed: 104 bpm

Choreographer: Lynn Grassi
 Email: lynngrassi@verizon.net
 Cell: 410-428-6992
 Level: Beginner Line
 Lead Foot: Left

Sequence: Wait 8 beats– A – B – C – D – A – B – C – D – D – ½ B – E – C – D – D*

Wait 8 beats

Part A (32 beats)	Camel Walk (4 beats)	Slr (xib)/S L 1	S R 2	S L 3	Slr (xib)/S R 4		
		-----moving back-----					
	4 Moon Walks (back) (4 beats)	Slr (back)/S L &5	Slr (back)/S R &6	Slr (back)/S L &7	Slr (back)/S R &8		
	Rocking Chair (¼ L) (4 beats)	DS L &a1	Br (¼ L) R &	H L 2	DS R &a3	RS LR &4	
	Stomp Double Basic (¼ L) (4 beats)	Sto (¼ L) L 5	DS R &a6	DS L &a7	RS RL &8		

Repeat: Camel Walk, 4 Moon Walks (back), Rocking Chair (¼ R), Stomp Dbl Basic (¼ R), opp. footwork (16 beats)

Part B (32 beats)	Kickin' Sailor (¼ L) (4 beats)	K (if) L 1	K (ots) L 2	S (xib with ¼ L) L 3	S (ots) R &	S (if) L 4
	Walk the dog (4 beats)	DS R &a5	DS L &a6	Hw R &	Hw L 7	RS RL &8

Repeat: [Kickin' Sailor (¼ L), Walk the dog] x3, alternating footwork, in a box (24 beats)

Part C (32 beats)	2 Turkeys (8 beats)	Hw L 1	Fl L &	S (xib) R 2	DS L &a3	RS RL &4	Hw R 5	Fl R &	S (xib) L 6	DS R &a7	RS LR &8
	Basketball Basic (½ R) (4 beats)			Pvt (½ R) L 1	S R 2		DS L &a3		RS RL &4		
	Fancy Double (4 beats)			DS R &a5	DS L &a6		RS RL &7		RS RL &8		

Repeat: 2 Turkeys, Basketball Basic (½ L), Fancy Double, opposite footwork (16 beats)

(Sway-page 2 of 2)

Part D (16 beats)	2 Sways (4 beats)	L shoulder roll back		R shoulder roll back	
		S (ots)	Tch (next to L)	S (ots)	Tch (next to R)
		L	R	R	L
		1	2	3	4
		-----moving to the Left-----		-----moving to the Right-----	
	2 Triples (8 beats)	DS (ots)	DS (xif)	DS (ots)	RS
		L	R	L	RL
		&a5	&a6	&a7	&8
		L shoulder roll back		R shoulder roll back	
	2 Sways (4 beats)	S (ots)	Tch (next to L)	S (ots)	Tch (next to R)
		L	R	R	L
		5	6	7	8

Repeat Part A (32 beats): [Camel Walk, 4 Moon Walks, Rocking Chair, Stomp Dbl Basic] x2, alternating footwork

Repeat Part B (32 beats): [Kickin' Sailor, Walk the Dog] x4, alternating footwork, in a left box

Repeat Part C (32 beats): [2 Turkeys, Basketball Basic, Fancy Double] x2, alternating footwork

Repeat Part D (16 beats): 2 Sways, 2 Triples, 2 Sways

Repeat Part D (16 beats): 2 Sways, 2 Triples, 2 Sways

Repeat ½ Part B (16 beats): [Kickin' Sailor (½, L turn on each or stay front), Walk the Dog] x2, alternating footwork

Part E	Pause	P	P	P	P
(4 beats)	(4 beats)	1	2	3	4

Repeat Part C (32 beats): [2 Turkeys, Basketball Basic, Fancy Double] x2, alternating footwork

Repeat Part D (16 beats): 2 Sways, 2 Triples, 2 Sways

Part D* (13 beats)	2 Sways (4 beats)	L shoulder roll back		R shoulder roll back	
		S (ots)	Tch (nextto L)	S (ots)	Tch (next to R)
		L	R	R	L
		1	2	3	4
		-----moving to the Left-----		-----moving to the Right-----	
	2 Triples (8 beats)	DS (ots)	DS (xif)	DS (ots)	RS
		L	R	L	RL
		&a5	&a6	&a7	&8
		L shoulder roll back		R shoulder roll back	
	½ Sway (1 beat)	S (ots)			
		L			

Key:

Slr-Slur	xib-cross in back
S-Step	if-in front
DS-Double Step	ots-out to side
Br-Brush	xif-cross in front
H-Heel	
RS-Rock Step	
Sto-Stomp	
K-kick	
Hw-Heel Walk	
Fl-Flap	
Pvt-Pivot	
Tch-Touch	
P-Pause	

This Is Me

Artist: Keala Settle & The Greatest Showman Ensemble

CD: The Greatest Showman

Music Genre: Soundtrack

Length: 3:55 minutes

Speed: 100 bpm

Choreographer: Lynn Grassi

Email: lynngrassi@verizon.net

Cell: 410-428-6992

Level: Beginner Line

Lead Foot: Left

Sequence: Wait 16 beats – A – B – C – D – E – A – B – D – E – E – B – C* – D* – E – Ending

Wait 16 beats

Part A Tiny T Step (forward) -----moving forward-----
(32 beats) (8 beats) DS DS DS Br H RS Br H DS RS
 L R L R L RL R L R LR
 &a1 &a2 &a3 & 4 &5 & 6 &a7 &8

2-Turkeys Hw Fl S (xib) DS RS Hw Fl S (xib) DS RS
 (8 beats) L L R L RL R R L R LR
 1 & 2 &a3 &4 5 & 6 &a7 &8

8 Running Steps (back) -----moving back-----
 (8 beats) DS DS DS DS DS DS DS DS
 L R L R L R L R
 &a1 &a2 &a3 &a4 &a5 &a6 &a7 &a8

2-Turkeys Hw Fl S (xib) DS RS Hw Fl S (xib) DS RS
 (8 beats) L L R L RL R R L R LR
 1 & 2 &a3 &4 5 & 6 &a7 &8

Part B Fancy Vine (to L) DS (ots) DS (xif) RS (xif) RS (xif) DS (ots) DS (xif) DS (ots) RS
(16 beats) (8 beats) L R L R L R L R RL
 &a1 &a2 &3 &4 &a5 &a6 &a7 &8

Repeat: Fancy Vine (to R), opposite footwork, (8 beats)

Part C Straddle (double arm circles) -----double arm circles-----
(4 beats) (4 beats) S (ots) P P P
 L
 1 2 3 4

Part D 2- Basics (¼ L) -----(¼ L)-----
(48 beats) (4 beats) DS RS DS RS
 L RL R LR
 &a1 &2 &a3 &4

Triple DS DS DS RS
 (4 beats) L R L RL
 &a5 &a6 &a7 &8

Repeat: 2 Basics (¼ L), Triple, opposite footwork (8 beats)

2 Outhouses DS Tch (ots) H Tch (xif) H Tch (ots) H Repeat opposite
 (8 beats) L R L R L R L footwork for
 &a1 & 2 & 3 & 4 Outhouse R (4 beats)

Repeat: [2 Basics (¼ L), Triple] x2 alternating footwork, 2 Outhouses, alternating footwork (24 beats)

Part E (24 beats)	Cowboy (to L diagonal) (8 beats)	-----moving to L diagonal-----					-----moving back-----			
		DS	DS	DS	Br	H	DS	RS	RS	RS
		L	R	L	R	L	R	LR	LR	LR
		&a1	&a2	&a3	&	4	&a5	&6	&7	&8

Repeat Cowboy (to R diagonal & back), same footwork (8 beats)

2-Airplanes (½ L, ½ R) (8 beats)	-----turning ½ L-----				-----turning ½ R-----			
	DS	RS	RS	RS	DS	RS	RS	RS
	L	RL	RL	RL	R	LR	LR	LR
	&a1	&2	&3	&4	&a5	&6	&7	&8

Repeat Part A (32 beats): Tiny T Step (forward), 2 Turkeys, 8 Running Steps (back), 2 Turkeys

Repeat Part B (16 beats): 2 Fancy Vines (to L, to R), opposite footwork

Repeat Part D (48 beats): [2x(2 Basics (¼ L), Triple) alternating footwork, 2 Outhouses] x2

Repeat Part E (24 beats): 2 Cowboys (to L diagonal & back, to R diagonal & back), 2 Airplanes (½ L, ½ R)

Repeat Part E (24 beats): 2 Cowboys (to L diagonal & back, to R diagonal & back), 2 Airplanes (½ L, ½ R)

Repeat Part B (16 beats): 2 Fancy Vines (to L, to R), opposite footwork

Part C* (8 beats)	Straddle (both arms up) (4 beats)	-----reach both arms overhead-----			
		S (ots)	P	P	P
		L			
		1	2	3	4
Straddle (Thumbs point to chest) (4 beats)	-----point both thumbs to chest-----				
	S (ots)	P	P	P	
	R				
		5	6	7	8

Part D* (24 beats)	2- Basics (4 beats)	----- (¼ L) -----			
		DS	RS	DS	RS
		L	RL	R	LR
		&a1	&2	&a3	&4

Triple (4 beats)	----- (¼ L) -----				
	DS	DS	DS	RS	
	L	R	L	RL	
		&a5	&a6	&a7	&8

Repeat: 2-Basics (¼ L), 1 Triple (¼ L), opposite footwork (8 beats)

2 Outhouses (8 beats)	DS	Tch (ots) H	Tch (xif) H	Tch (ots) H	Repeat opposite footwork for Outhouse R (4 beats)	
	L	R	L	R		L
	&a1	&	2	&		3

Repeat Part E (24 beats): 2 Cowboys (to L diagonal & back, to R diagonal & back), 2 Airplanes (½ L, ½ R)

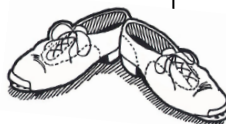
Ending (1 beat)	Straddle (Thumbs point to chest) (1 beat)	-----point both thumbs to chest-----	
		S (ots)	
		L	

Key:	DS-Double step	Br-Brush	H-Heel	RS-Rock Step	Hw-Heel walk
	Fl-Flap	S-Step	P-Pause	Tch-Touch	
	xib-cross in back	ots-out to side	xif-cross in front		

Walk in the Country

High Intermediate Buck
Tempo: Moderate
Length: 2:57

Jayne Treadwell
Learn2Clog@hotmail.com
 Lake Ridge, VA
 252-290-0799



*Embracing our folk dance heritage,
 one step at a time*

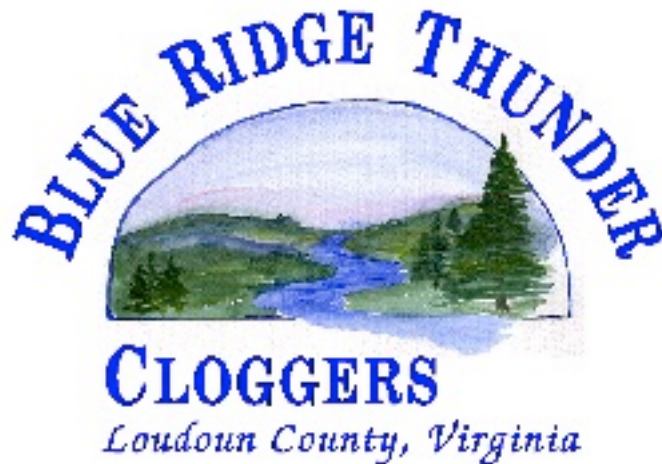
Music: Country
Artist: Scotty McCreery
CD: Clear As Day

Reads column by column, top to bottom, left to right

Mountain Basic 1/4 R Double Basic Kick 1/2 R Mountain Basic 1/4 R Yes Ma'am	Mountain Basic 1/4 R Double Basic Kick 1/2 R Mountain Basic 1/4 R Yes Ma'am	Flatfoot shuffles Chain 360 L Chain 1/2 R Flatfoot shuffles Chain 1/2 L Time Bomb
Rooster Sidewinder Harley with a kick (1/2 R) Rooster Sidewinder Harley with a kick (1/2 R)	J W Flanges & a Basic Triple (1/2 R) J W Flanges & a Basic Triple (1/2 R)	Flares Hillbilly Turn (1/2 R) Flares Hillbilly Turn (1/2 R)
Walking Step Summey Triple (1/2 R) Walking Step 2 Basics to front (1/2 R)	Walking Step Summey Triple (1/2 R) Walking Step Summey Triple (1/2 R)	Walking Step Summey Triple (1/2 R) Walking Step Summey Triple (1/2 R) Summey Triple (1/2 R) 2 Basics to front (1/2 R)
		Mountain Basic 1/4 R Double Basic Kick 1/2 R Mountain Basic 1/4 R Joey Touch

STEPS FOR "WALK IN THE COUNTRY"

MOUNTAIN BASIC	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">STO Dbl-Up DSRS</td></tr> <tr><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">R</td><td style="text-align: center;">LR</td></tr> <tr><td style="text-align: center;">1</td><td style="text-align: center;">&a 2</td><td style="text-align: center;">&3&4</td><td></td></tr> </table>	STO Dbl-Up DSRS				L	R	R	LR	1	&a 2	&3&4																														
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DOUBLE BASIC KICK	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">DS DSRS KICK</td></tr> <tr><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">LR</td><td style="text-align: center;">L</td></tr> <tr><td style="text-align: center;">&1</td><td style="text-align: center;">&2&3</td><td style="text-align: center;">4</td><td></td></tr> </table>	DS DSRS KICK				L	R	LR	L	&1	&2&3	4																														
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YES MA'AM	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="5" style="text-align: center;">DS DS R(ots)S TCH(xif)</td></tr> <tr><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">L</td></tr> <tr><td style="text-align: center;">&1</td><td style="text-align: center;">&2</td><td style="text-align: center;">&</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td></tr> </table>	DS DS R(ots)S TCH(xif)					L	R	L	R	L	&1	&2	&	3	4																										
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ROOSTER SIDEWINDER	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="5" style="text-align: center;">DS DS(xif) RS(xib) RS(xif) KICK(ots behind)</td></tr> <tr><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">LR</td><td style="text-align: center;">LR</td><td style="text-align: center;">L</td></tr> <tr><td style="text-align: center;">&1</td><td style="text-align: center;">&2</td><td style="text-align: center;">&3</td><td style="text-align: center;">&4</td><td style="text-align: center;">&</td></tr> <tr><td colspan="5" style="text-align: center;">RS KICK (ots behind) RS DS</td></tr> <tr><td style="text-align: center;">LR</td><td style="text-align: center;">L</td><td></td><td style="text-align: center;">LR</td><td style="text-align: center;">L</td></tr> <tr><td style="text-align: center;">5&</td><td style="text-align: center;">6</td><td></td><td style="text-align: center;">&7</td><td style="text-align: center;">&8</td></tr> </table>	DS DS(xif) RS(xib) RS(xif) KICK(ots behind)					L	R	LR	LR	L	&1	&2	&3	&4	&	RS KICK (ots behind) RS DS					LR	L		LR	L	5&	6		&7	&8											
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WALKING STEP	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="9" style="text-align: center;">DS DS Drag Step Drag Step RS DS DSRS</td></tr> <tr><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">R</td><td style="text-align: center;">L</td><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">LR</td><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">LR</td></tr> <tr><td style="text-align: center;">&1</td><td style="text-align: center;">&2</td><td style="text-align: center;">&</td><td style="text-align: center;">3</td><td style="text-align: center;">&</td><td style="text-align: center;">4</td><td style="text-align: center;">&5</td><td style="text-align: center;">&6</td><td style="text-align: center;">&7&8</td><td></td></tr> </table>	DS DS Drag Step Drag Step RS DS DSRS									L	R	R	L	L	R	LR	L	R	LR	&1	&2	&	3	&	4	&5	&6	&7&8													
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SUMMEY TRIPLE (done on a diagonal)	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="9" style="text-align: center;">-backing up-</td></tr> <tr><td colspan="9" style="text-align: center;">DS DS(xif) --Ba Ba Ba-- DS DS DSRS</td></tr> <tr><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td></td><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">L</td><td style="text-align: center;">L</td><td style="text-align: center;">RL</td></tr> <tr><td style="text-align: center;">&1</td><td style="text-align: center;">&2</td><td></td><td style="text-align: center;">3</td><td style="text-align: center;">&</td><td style="text-align: center;">4</td><td style="text-align: center;">&5</td><td style="text-align: center;">&6</td><td style="text-align: center;">&7&8</td><td></td></tr> </table>	-backing up-									DS DS(xif) --Ba Ba Ba-- DS DS DSRS									L	R		L	R	L	R	L	L	RL	&1	&2		3	&	4	&5	&6	&7&8				
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FLATFOOT SHUFFLES *Repeat 3 times	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="9" style="text-align: center;">Heel Pop Flap Step Heel Pop Flap Step</td></tr> <tr><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">L</td><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">R</td><td></td><td></td></tr> <tr><td style="text-align: center;">e</td><td style="text-align: center;">&</td><td style="text-align: center;">a</td><td style="text-align: center;">1</td><td style="text-align: center;">e</td><td style="text-align: center;">&</td><td style="text-align: center;">a</td><td style="text-align: center;">2</td><td></td><td></td></tr> </table>	Heel Pop Flap Step Heel Pop Flap Step									L	R	L	L	R	L	R	R			e	&	a	1	e	&	a	2														
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HILLBILLY TURN	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="9" style="text-align: center;">DS KICK RS(xif) KICK RS S CHUG DS DSRS</td></tr> <tr><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">RL</td><td style="text-align: center;">R</td><td style="text-align: center;">RL</td><td style="text-align: center;">R</td><td style="text-align: center;">L</td><td style="text-align: center;">L</td><td style="text-align: center;">R</td><td style="text-align: center;">LR</td></tr> <tr><td style="text-align: center;">&1</td><td style="text-align: center;">&</td><td style="text-align: center;">2&</td><td style="text-align: center;">3</td><td style="text-align: center;">&4</td><td style="text-align: center;">&</td><td style="text-align: center;">5</td><td style="text-align: center;">&6</td><td style="text-align: center;">&7&8</td><td></td></tr> </table>	DS KICK RS(xif) KICK RS S CHUG DS DSRS									L	R	RL	R	RL	R	L	L	R	LR	&1	&	2&	3	&4	&	5	&6	&7&8													
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The Blue Ridge Thunder Cloggers organized in the summer of 1997, although some of our members have danced for many years with other groups. We are about thirty in number, including our Intermediate and beginner students. Our youngest dancer is nine years old, and our instructor, Mary Smith, is fond of saying that we will take new students up to the age of 101!

We dance to all types of music including traditional bluegrass, country, pop, rock, Irish, orchestral and any other form of music that suits our fancy. We perform at many local festivals, nursing homes, retirement centers, malls and just about anywhere people will allow us to dance. We have also had the privilege of dancing for Olympic ceremonies and at national events in DC.

We offer beginner classes to people of all ages and proficiency levels. No prior dance experience is required in order to participate in one of our classes. We are also available to teach traditional figures to groups and get-togethers.

The Blue Ridge Thunder Cloggers currently meet in an old converted barn near Purcellville, Virginia, at the foot of the Blue Ridge Mountains. It is a community where tradition and family are very important and Blue Ridge Thunder tries to maintain that atmosphere.

We're thrilled to bring you this event and hope that you are truly blessed by being here.

Blue Ridge Thunder Cloggers

www.BRTC.us

info@BRTC.us

BRTC



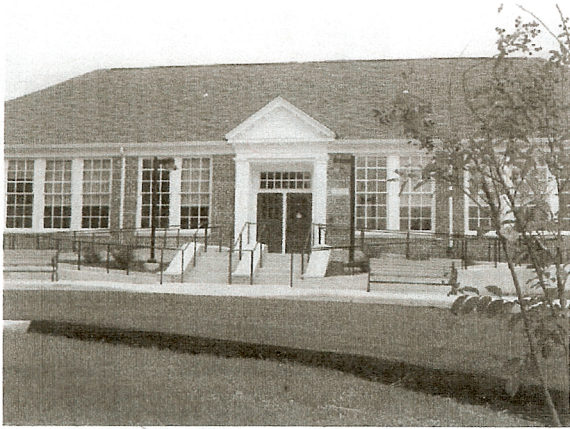
Pictured Left to Right:

Back Row: Charlessa, Joyce, Jesse, Roz, Jill, Jessica, Sherilyn, and Chris

Front Row: Kim, Beth, Tabitha, Sally, Hannah, Mary, and Andawen

Not Pictured: Amanda, Becky, Kelli, Jessie, Debra Lee, Mary G., Rebekah, Pam, Tiffany, Quinn, Rebekka, and TC





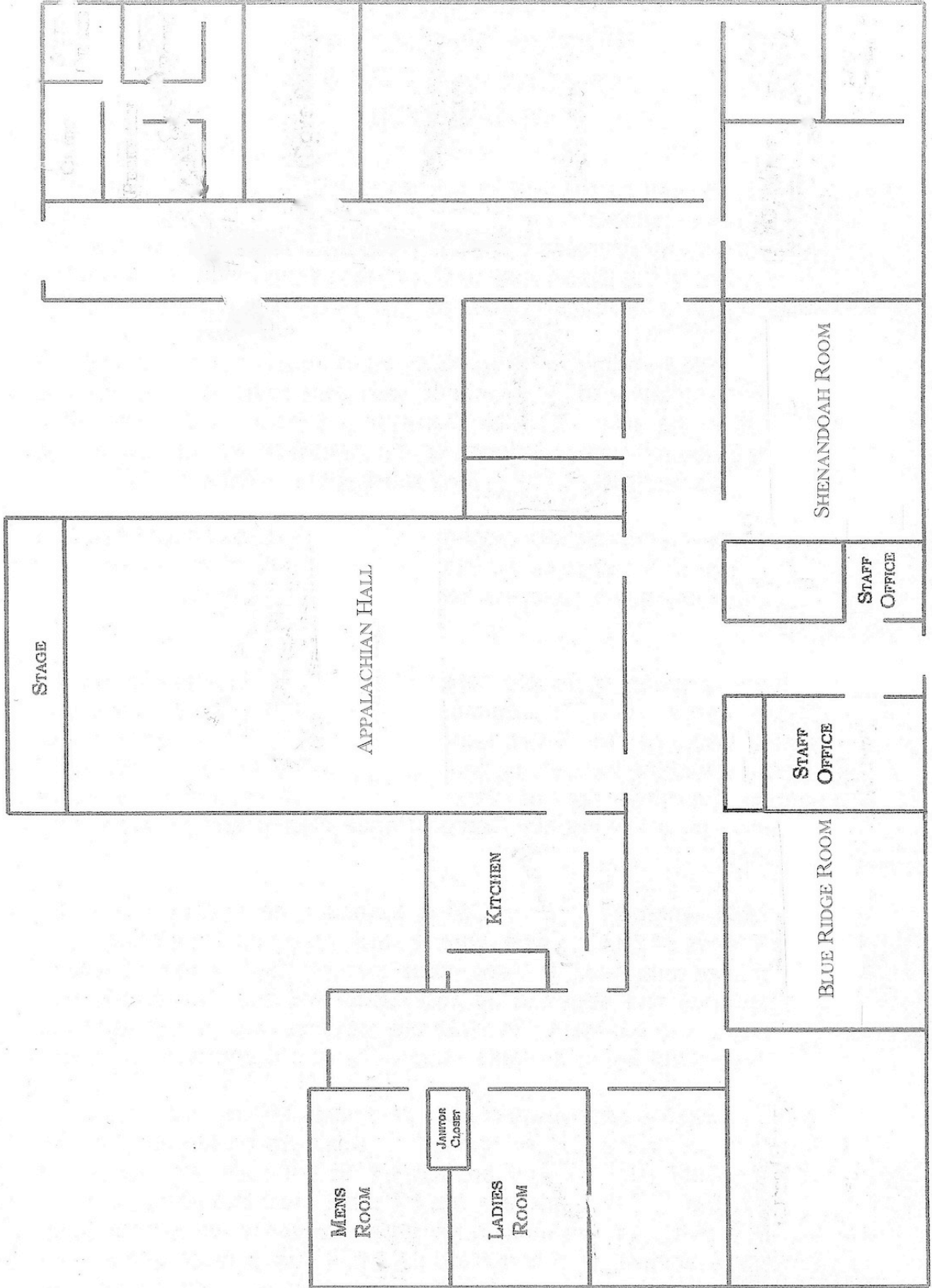
HISTORY CARVER CENTER

In 1948, during the era of segregation, the George Washington Carver School was opened in western Loudoun County for African American children. It was built on five acres adjacent to the Emancipation Grounds in Purcellville, Virginia, a gathering place for African American citizens for many years. Following integration in 1968, the all black school ceased operations. The building reopened during 1969 and 1970 to accommodate overflow from integrated 4th and 5th grade classrooms at nearby Emmerick Elementary School. In 1970, Carver's school doors closed permanently and the building was used as a storage facility by the County schools for over thirty years.

In February 2000, a private non-profit group, the Older Americans Humanities Corporation (OAHC) proposed restoring the school to active use as a senior center. OAHC Members became part of a planning group of County and school officials established to evaluate the proposal. The Loudoun County Board of Supervisors approved funding for a feasibility study, plus funding for initial planning. Based on study recommendations, and public input, the Board approved the use of Carver as a senior center and licensed adult day care center on weekdays and general community use on week-nights and weekends. The Board also approved a bond referendum in the amount of \$5.3 million for Carver Center for the November 2001 ballot.

By late summer 2001, members of the OAHC and planning group formed the non-profit group, Friends of Carver, to conduct public awareness campaigns for the center. The Friends quickly got to work, sponsoring their first community fund raiser in September 2001, a picnic held on the old school grounds and attended by 250 supporters including former Carver students and teachers. Subsequent public awareness efforts by the Friends of Carver helped secure passage of the referendum in November when almost two thirds of Loudoun County voters approved the bond. In September 2002, Loudoun County Public Schools transferred the property to the Department of Parks, Recreation and Community Services through a deed. The Friends of Carver served as an advisory group for the Department, providing input during the planning and construction phases.

Carver Center will serve as the first Loudoun County facility to house a senior center, an adult day center and a center for community use under one roof. An initiative crafted by the Friends of Carver, shared by members of the Loudoun County Board of Supervisors, Older American Humanities Corporation, Department of Parks, Recreation and Community Services, Area Agency on Aging and the public, Carver reopened it's doors to the community on March 17, 2007 and the early vision of a center that honors the past, celebrates the present and embraces the future was realized.



ENTRANCE

Schedule of Teaches

	Appalachian Hall	Blue Ridge Room (Easy)	Shenandoah Room
9-10	Intermediate <i>Not Today</i> by Twenty One Pilots Josh King	Learn to Clog - Beginners Beginners from Scratch Jayne Treadwell	CLOSED
10-11	Intermediate <i>Break My Stride</i> by Matthew Wilder Mary Smith	Learn to Clog - Beginners Beginners from Scratch Jayne Treadwell	Choreography Workshop Not a lecture - group project Joyce Guthrie
11-12	Advanced <i>Still Feeling Blue</i> by Kasey Chambers Josh King	<i>Jingle Bell Rock</i>	Intermediate+ <i>My Feet Are on the Rock</i> by I Am They Joyce Guthrie
		Amanda Burns	
		<i>I Just Need U</i> Amanda Burns	
12-1	Lunch Break	<i>Speak Life</i>	Lunch Break
		Beth Dunlap	
		<i>Dance Above the Rainbow</i> Beth Dunlap	
1-2	Intermediate <i>Live Louder</i> by Nathaniel Josh King	Costuming	Intermediate+ Beginner Celtic Dance Group participation Celtic Rhythm School of Dance
		Barb Elko	
		<i>Christmas Cookies</i> Barb Elko	
2-3	Intermediate+ <i>Desperate Man</i> by Eric Church Josh King	<i>Sway</i>	Intermediate+ Learn Buck Dancing Group participation Pam Smiley
		Lynn Grassi	
		<i>This Is Me</i> Lynn Grassi	
3-4	Intermediate - Couples - Contra <i>Save the Last Dance for Me</i> by Michael Bubl�e Joyce Guthrie	<i>How Long</i> Pam Smiley	Intermediate+ Buck <i>Walk in the Country</i> by Scotty McCreery Jayne Treadwell
		<i>Life Changes</i> Pam Smiley	
4-5	Intermediate <i>No Excuses</i> by Meghan Trainor Josh King	CLOSED	CLOSED
6-7:30	FUN DANCE		