



2023

Appalachian
stomp

A clogging workshop brought to you by

Blue Ridge Thunder Cloggers

BRTC.us

appalachianstomp.com

Hillsboro, Virginia

November 11, 2023



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

Facility The Appalachian Hall (Main Hall) has limited space. We ask that you keep personal items in the Cafe area (through the back door of the Appalachian Hall) and that you keep large items, such as coolers, outside. From the Cafe area, head to the right out of the room and past the stairs to get to the Blue Ridge Room. For the seminars in the Shenandoah Room, head up the stairs and to the left. There is a bathroom in the back of the Cafe area and one next to the Blue Ridge Room.

Raffle If you would like to be part of the raffle drawings, purchase your tickets at the Registration Desk. Prices are 1/\$1, 6/\$5 or 20/\$15. Drawings are held each hour from 10am-4pm (except lunch). Check the prize list at the Registration Desk for your number if you miss the drawing.

Prizes:

- Thumb drive with music & syllabus (for practice purposes)
- \$10 Gift cards
- Free registration to Appalachian Stomp 2024
- Free registration for the Nation Clogging Convention 2023

Quilt Raffle Separately, a quilt is being raffled by Joshua's Hands with the winner being drawn today. Tickets are \$2/ticket or 6/\$10. <https://joshuashands.org/Raffle.html>

Food There is a one-hour break for lunch and the same for dinner. We strongly encourage you to take advantage of the arrangements we have planned for you. For lunch (only \$7/person), we are serving hot dogs, baked beans, potato casserole, homemade applesauce and salads. For Dinner (only \$7/person), we are providing pizza and salads. Tickets must be purchased by 11:00am.

Join us in 2024! November 9

Appalachian **STOMP**

Our instructors will be Darolyn Pchajck and Andy Howard



DOWNTOWN NASHVILLE

The sound of Nashville reverberates from the city's downtown core where honky tonks play world-class live music 365 days a year, historic buildings have been reimaged into music attractions, boutique hotels, art galleries, chef-driven restaurants, and newly constructed hotels, eateries, music venues, and attractions pop up all over.

Sherry Cox, TN-CCI
 Trevor Dewitt, IN-CCI
 Jeff Driggs, WV
 Shane Gruber, MI-CCI
 Barbara Guenette, BC, Canada-CCI
 Lelia & Russ Hunsaker, CA-CCI
 Melissa Pack, TN-CCI

Darolyn Pchajek, MB, Canada-CCI
 Andrew Perry, NY-CCI
 Naomi Pyle, IN
 Kellee Ramirez, CA-CCI
 Missy Shinoski, MO-CCI
 Abby Simpson, TN
 Dustin Stephan, FL-CCI

Ann-Marie Sterling, TN-CCI
 Chip Summey, NC-CCI

Introducing
 Hannah Healy, NY
 Adam Mowry, OH
 Kristin Wendel, TX-CCI



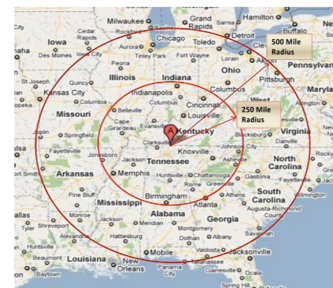
Hotel Info: Sheraton Grand Nashville Downtown

623 Union St, Nashville, TN 37219
 Rate: \$169 1-4 ppl per room + tax
 No Resort Fee and 1/2 off Self Park
 Reservation Number: 1-888-236-2427
 Rate Guaranteed Prior to 10/30/23
 Limited Number of Rooms Available
 Www.tinyurl.com/clognc23
Rooms Sell Out FAST!

The Sheraton Grand Nashville Downtown is located within one-day's drive of two-thirds of our cloggers and just 30 min. from the airport!

Why Come?

- 4 Halls on All Levels of Clogging
- The Top National Instructors Under One Roof
- Fun Dances Every Night
- Friday Night Excursion
- Certification Classes in Judging and Clogging Instruction
- Vendors From Across The US
- Dancers From Across The World
- Area tours during pre-convention time
- Tours offered—
 Ryman Auditorium , General Jackson
- Friday Night Excursion—Grand Ole Opry



Welcome

Welcome to Appalachian Stomp 2023!

After a Covid-induced hiatus, BRTC is pleased to welcome everyone to our Appalachian Stomp and to our new location -- Hillsboro's Historic Old Stone School.

We are excited Morgan Hudson (KY) has joined us to lead our day of dancing and teaching! And don't miss the fun dance he is leading after the supper break!

We have many of our favorite regional and local instructors returning this year, teaching classes from beginner to advanced! Joyce Guthrie (Certified Clogging Instructor-VA), Jayne Treadwell (VA), Pam Smiley (CCI-MD), Lynn Grassi (CCI-MD), Kathy Moore (CCI-VA), Barb Elko (PA), Thomas Sileo (CCI-VA), Janet Sileo (CCI-VA) and Tiffany Hetherington (VA) — our newest instructor. For Mary Smith's faithful and long-standing influence in our regional clogging community, we recognize her as an instructor in absentia with our prayers that she will be able to join us again very soon!

As in the past, both lunch and dinner will be available for purchase on-site. Lunch (\$7/person) includes hot dogs, baked beans, potato casserole, homemade applesauce and salads.

Dinner (\$7/person) includes pizza and salads.

Purchase your meal tickets by 11AM and enjoy your meal breaks with friends right here!

Our raffle prizes this year include: syllabus and music on a thumb drive, gift cards, free registration for Appalachian Stomp 2024 and free registration for National Clogging Convention 2023! 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 historic Hillsboro and the Purcellville area.

As of press time, cloggers from the following groups pre-registered :

Blue Ridge Thunder Cloggers

Bull Run Cloggers

Cardinal Cloggers

Carroll County Cloggers

Happy Feet Cloggers

Silver Eagles Clogging

Kountry Kickers

Mt. Heritage Cloggers

Wild Laurel Cloggers

Wills Mountain Cloggers

A special welcome to the military veterans who have chosen to join us today, on Veterans Day. These include Jilleah Anderson (Marine Corps and Army), Trever Anderson (Army), Julie Hanway (Army) and Frank Snyder (Army). Your service to our country is deeply appreciated and we hope this is a special day for you!

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 e-mail us (info@brtc.us) if you have suggestions for making Appalachian Stomp better next year.



INSTRUCTORS



Morgan Hudson

morganh_02@hotmail.com

Morgan Hudson was born and raised in the small town of Jackson (KY). He first started clogging under the direction of Betty Hudson in 1981 until she taught him everything that she knew. She then referred him to the “man on top of the hill” named Charlie Burns. His team The Kuntry Gals and Guys accepted Morgan and he clogged under the direction of Charlie Burns until 1986. The group was able to stick together for one more year until most of them graduated high school in 1987.

As time passed, 13 complete years, Morgan assumed that clogging had come and gone and no longer existed. It wasn't until he was out line dancing one night in 2000 that a lady, Charlotte Hoover, from Frankfort (KY) saw him jumping up and down and bouncing everywhere. She asked him if

he had ever clogged and he replied, “Yes, but I think it has died.” She reintroduced him to clogging where he began taking as many classes as he possibly could every week; sometimes under the direction of four different instructors at one time!

In 2001 Morgan gave his life to the Lord and wanted to use the talent given to him — to keep young kids out of trouble. Due to instructors quitting and Morgan's love for the dance, he kept taking over different areas where instructors simply walked out. He not only wants to share his talent, but his love for the Lord as well. He currently has groups in Stanton (KY) and Harrodsburg (KY) that he teaches, known as the Southern Pride Cloggers.

He currently resides in Stanton with his wife S'Lena. He choreographs routines not only for his groups but also for other groups. He participates in group workshops and helps host several others. He can be reached by email (above) or on Facebook.





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 that 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, Clickety Cloggers. At this time she also became the director of the group's exhibition team and began choreographing routines. When a job change brought her to the Washington (DC) area in 1995, she still returned to Texas twice a year to teach at clogging workshops. In June of 1997, she adopted some orphaned cloggers who organized as Blue Ridge Thunder. Mary has taught more than 450 people how to clog. As she puts it, clogging is "Way too much fun!"

As of print deadline for this syllabus, Mary is scheduled for major surgery to remove a sizeable tumor. She has a very rare and aggressive form of cancer (adrenal) and that's why she's not able to attend the App Stomp this year. She appreciates your thoughts and prayers.



Honoring Family Veterans: Grandfather (Army); Father (Coast Guard); Brother (Navy)



HONORING THOSE WHO SERVED

Veterans Day honors all Veterans (those who formerly served), living and deceased.

Established 1954. Officially 11/11 in tribute to the Armistice signed 11/11/1918.

Memorial Day is strictly about those who gave their lives for US independence and stability.

(Last Monday in May.)

Armed Forces Day honors everybody who currently serves or has seen military service. *(Third Saturday in May.)*



Joyce Guthrie

joyce@brtc.us

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, where she serves as VP and Co-Dance Instructor. 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 homeschool her children. She is in leadership positions with two non-profit organizations, that keep her involved with teen safe driving, education, community service, 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 maintains a website that lists and links to as many clogging groups as she can find. There is an interactive map to search for clogging groups globally. Check it out and keep your info current: www.iClog.us



Honoring Family Veterans: Step father (Navy); Father-in-law (Marines)
- pilot Korean War; two sons (Marines)

Jayne Treadwell

Learn2Clog@hotmail.com

A third generation clogger, Jayne's love affair with clogging began in 1980 when her granddaddy, "Pappy," learned to clog....at 65 years young! Soon after, Pappy taught his grandkids how to clog in his barn, living to see four generations of his family become accomplished cloggers.

Jayne began teaching clogging in 1985. In 1991, she founded East Country Hoedowners (retired 2013). ECH made annual appearances on the WCTI-TV 12 Cystic Fibrosis Telethon for over 30 years.

An eastern North Carolinian since birth, Jayne has resided in Virginia since 2012. She has received many honors including NCHC All-Star Team (1994), America's Clogging Hall of Fame All-American Team (1996) and more. She has performed and competed with many groups, most recently (July 2023) in Spain with the Yellow Rose Cloggers (OH).

Jayne is passionate about teaching proper movement and technique at all levels and styles of clogging. She has taught at more than 50 workshops in the U.S. and Germany. With a strong background in traditional/drag-slide clogging, Jayne's priority is to pass these traditional forms down to current and future generations, educating them in the roots of clogging and encouraging all Cloggers to keep the tradition alive. "Embracing our folk dance heritage...one step at a time."



Honoring Family Veterans: Father (Army Medic/Nurse) Korea War; Brother (Army);
Brother-in-law (Army Retired Chaplain)

Kathy Moore

www.kamclogger.org

Kathy learned to clog from Tandy Barrett in 1985, while living in Atlanta (GA). She is currently the director of the Calico Cloggers of Northern Virginia, and is Clogging Advisor to the Washington Area Square Dance Cooperative Association.

Kathy completed the CLOG Certified Clogging Instructor program in 2004. She has taught at various clogging and square dance workshops around the East Coast, as well as classes with Fairfax Country Recreation Authority. Her personal website is currently www.kamclogger.org, and the Calico Cloggers site is www.calicocloggers.us.

Kathy retired (May 2023) from her job as a web developer, working for the National Weather Service National Centers for Environmental Prediction. She is still getting the hang of retirement — so far it just seems like a very long weekend.



Pam Smiley

clogrpam@gmail.com

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 its infancy at the time, she traveled to get more exposure to 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 through the years and currently dances with BRTC. Clogging has given Pam the opportunity to do so many things that without clogging would probably not have been afforded to her. This includes travel and performing in many types of shows, from County Fairs to an International Dance Festival with Sammy Davis Jr. Pam has been a competitive clogger (singles, duos and team), team director and chaired 3 clogging workshops for a total of 22 years, one of them she also taught at for 12 years. She is a Certified Clogging Instructor and 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 she counts them all as family.



Honoring Family Veterans: Both parents (Air Force); Uncle (Army - Vietnam)



Lynn Grassi

lynngrassi@verizon.net

Lynn has a life-long passion for dance and fitness. She loves the energy that comes from the fusion of movement and music and often finds herself creating new choreography. Lynn's clogging journey began in 2010 when her daughter, a competitive dancer recovering from ankle reconstructive surgery, informed her surgeon that mom (unbeknownst to her) and she were going to take a beginner clogging class as the start of her re-entry into the dance world. The rest is history.

Lynn has a BS in Biology from Rutgers University, New Brunswick (NJ). She worked for 12 years in research and development for pharmaceutical companies, and 23 years in fitness for the YMCA in NJ, MD and of the USA. Lynn holds 10 fitness instructor certifications, the National Clogging CCI certification and is an ASHI Basic Instructor. Her most cherished blessing is being the mother of 3 children.

Presently, Lynn is the owner and director of X-ercise X-plosion and serves as president of the Carroll County Cloggers. Her theory is "Life is what you make it, so...Just Dance!"

Barb Elko

pioneerclloggers@gmail.com

Barb Elko is a resident of South Park (PA). She became hooked on clogging in 2007 after attending her first clogging workshop in Buckhannon (WV). She loves reuniting with old friends, making new friends, dancing with newbies and clogging alongside youngsters. She is humbled by the teaching opportunities presented to her.

Barb is most thankful for the brave cloggers that have shared her front line, back line, her misguided directions, space on the dance floor, space on a stage and those agreeing to wear her latest clogging fashion. She is grateful for the congestion on her clogging highway!



Honoring Family Veterans: Bother (Army 1983-1993) He was raised by Barb from the age of 12 years old.



Janet Sileo

janet.sileo@yahoo.com



Janet Sileo began clogging in Mountain View (AR) in 1990 with the Ozark Foothill Cloggers. Clogging is an important part of the Ozark Mountain heritage, and the passion the community showed for folk dancing was contagious. Janet joined the Cardinal Cloggers in 2004 when she relocated to Northern Virginia with her husband, Thomas.

She loves teaching, traveling to workshops and choreographing but her favorite part of clogging is the special friendships she has forged through dance.

Janet is a Certified Clogging Instructor.



Honoring Family Veterans: Aunt (Army) authored a book about her family's Vietnam MIA -- *Keeping the Promise*



Thomas Sileo

Tom2Clog@gmail.com

Thomas Sileo resides in Sterling (VA) with his wife, Janet, and his dog, Boudin. Tom's wife introduced him to clogging in 2004, and after a decade of watching practices, attending performances and workshops, he finally took his first "beginners from scratch class" in 2014. He has been clogging with the Cardinal Cloggers ever since, and he loves traveling around the country to attend clogging workshops with his wife. He especially enjoys catching up with old friends, meeting new cloggers and learning new routines. Tom also has an impressive t-shirt collection from around the world, but his favorites include shirts from all the places

he has lived (New Jersey, Virginia, Mexico, Germany, Pennsylvania, Arkansas and most recently England).

Tom volunteers at his local fire station running and organizing special events.

Tom received his CCI certification at the 2022 National Convention in Austin (TX).



Honoring Family Veterans: Father (Army) did two tours of Vietnam and was a Purple Heart recipient





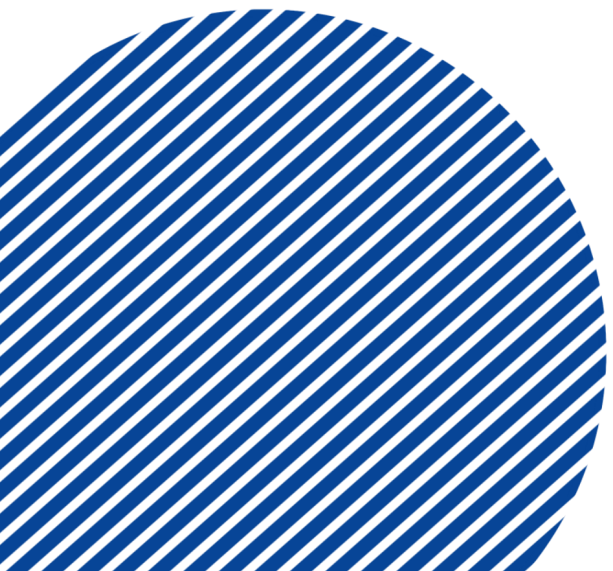
Tiffany Hetherington

yourrd2003@gmail.com

Tiffany discovered BRTC and clogging in 2018 and began clogging with her daughter, Quinn. She was instantly hooked! She has lived in many places and is a die-hard Auburn fan. In addition to clogging, she enjoys scrapbooking and competing in Ironman triathlons. Since moving to Virginia with her husband and 2 daughters in 2018, she has also picked up gardening. Appalachian Stomp was her very first clogging workshop, and she is excited to be teaching her first workshop routine.



Honoring Family Veterans: Grandfather (Marines at age 16) WWII Purple Heart recipient then Army officer/helicopter pilot until retirement; Father (Army - Vietnam); Husband West Point graduate (Army — Kosovo and Iraq; Brother (Air Force Retired)



BRTC Board

Charlessa McConnell - President



Father (Army) Served in Germany; Grandfather (Navy) WWII

Mary Smith - Vice President, Treasurer, Co-Dance Instructor



Grandfather (Army); Father (Coast Guard); Brother (Navy)

Joyce Guthrie - Vice President, Co-Dance Instructor



Step father (Navy); Father-in-law (Marines) pilot Korean War; two sons (Marines)

Tiffany Hetherington - Secretary



Grandfather (Marines at age 16) WWII Purple Heart recipient then Army officer/helicopter pilot until retirement; Father (Army - Vietnam); Husband (West Point graduate/Army) - Kosovo and Iraq; Brother (Air Force Retired)

Becky Roberts - Venue Coordinator, temporary Treasurer



Father (Army) medic - India and Burma WWII; Son (Army Reserves) Captain, Chinook helicopter pilot

Chris Louder - Board Member Emeritus



Father (US Navy) graduated US Naval Academy 1944 - USS New Mexico, served in the Pacific Theater until the end of WWII; 1950, returned to Naval Academy to teach Physics to midshipmen. There he met and married a beautiful Navy Nurse, Lieutenant Catherine Jackson (my mom). Both served in Korean War. Father retired (1973) with 30 years of service. Thank you both for your service and your mentorship. Love you and miss you everyday.



Thanks

So much has changed over the last four years! One thing that has not changed is the generosity of time, talent and resources that make the Appalachian Stomp a wonderful day of dancing and fun!

Our sincere gratitude to our featured instructor — Morgan Hudson. His talent and dedication to clogging are an inspiration. We love his choreography and couldn't wait to have him join us to teach this year!

We are extremely grateful to our returning regional and local instructors — Joyce Guthrie, Jayne Treadwell, Pam Smiley, Lynn Grassi, Kathy Moore, Barb Elko, Thomas Sileo and Janet Sileo. We are excited to introduce Tiffany Hetherington, one of BRTC's homegrown cloggers who is teaching at a workshop for the first time! The generosity of our instructors in choreographing for and teaching at the Appalachian Stomp is the only way we are able to provide a wonderful variety of dances!

Special recognition to Mary Smith. Though she is unable to be with us in person today, she still contributed to, supported and inspired the music selection, music editing, choreography and quality teaching we enjoy today.

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:

Chris Louder - pre-registration management, stage construction and decoration supplies
Mary Smith - sound equipment management and persevering in the face of health issues
Jayne Treadwell - teaching the Beginner from Scratch class and the use of her sound equipment
Pam Smiley, Lynn Grassi - use of their sound equipment
Joyce Guthrie (our event coordination consultant extraordinaire) - preparing salads, creating the teaching scheduling, coordinating set-up and clean-up and much more
Sherilyn and Hannah Holmes - t-shirt design
Judy Taylor - syllabus design and preparation
Thomas and Janet Sileo - hosting Morgan Hudson
Paula & Ed Orlofsky - assistance with dinner

All of the BRTC members and family who helped by soliciting donations, promoting the workshop, decorating the venue, setting up equipment, registering attendees, preparing lunch and dinner, filming, photographing, cleaning up and completing the slew of other details that are inherent in hosting a workshop.

We appreciate the local businesses that make donations in support of the Appalachian Stomp, including: Wegmans and Domino's. We also appreciate support from CLOG with free registrations for the National Clogging Convention. BRTC is grateful for the support received from the Town of Lovettsville and the Virginia Commission for the Arts.

And finally, but not least, our thanks and appreciation go out to each of you for attending Appalachian Stomp 2023! By your support and participation, we can remember the contributions of our service men and women and celebrate the heritage of clogging.

Some Days You Gotta Dance!

Charlesse McConnell
Blue Ridge Thunder Cloggers



The Battle of New Orleans

Artist: Johnny Horton
 Album: Johnny Horton's Greatest Hits - Available on iTunes
 Beginner - Folk - 2:32 - Slow

Choreographer: Janet Sileo
 Janet.Sileo@yahoo.com
 Cardinal Cloggers, Herndon, VA

Wait 14: Left Foot Lead

Sequence: A - Br - A - Br - A* - Br - B - Br* - A - Br - B - End

Part A (32)

Triple (L)	DS DS DS R S DS DS DS R S
Triple (R)	L R L R L R L R L R
	&a1 &a2 &a3 & 4 &a5 &a6 &a7 & 8
Chain (L)	DS R S R S R S DS R S R S R S
Chain (R)	L R L R L R L R L R L R L R
	&a1 & 2 & 3 & 4 &a5 & 6 & 7 & 8
2 Kentucky Drags (L)	DS Dr/K S DS Dr/K S DS DS DS R S
Triple (L)	L L/R R L L/R R L R L R L
	&a1 & 2 &a3 & 4 &a5 &a6 &a7 & 8
2 Kentucky Drags (R)	DS Dr/K S DS Dr/K S DS DS DS R S
Triple (R)	R R/L L R R/L L R L R L R
	&a1 & 2 &a3 & 4 &a5 &a6 &a7 & 8

Bridge (4)

4 Double Steps (DS)	DS(1/4L) DS(1/4L) DS DS
	L R L R
	&a1 &a2 &a3 &a4

Repeat Part A (32)

Facing Back: Triple (L); Triple (R); Chain (L); Chain (R); 2 KY Drags w/Triple (L); 2 KY Drags w/Triple (R)

Repeat Bridge (4)

4 Double Steps: Turn to Front

Part A*

Modify the Right Footed Chain (Well We Chain)

Triple (L)	DS DS DS R S DS DS DS R S
Triple (R)	L R L R L R L R L R
	&a1 &a2 &a3 & 4 &a5 &a6 &a7 & 8
Chain (L)	DS R S R S R S DS R S R S S S
*Well We Chain (R)	L R L R L R L R L R L R L L
	&a1 & 2 & 3 & 4 &a5 & 6 & 7 8 9
2 Kentucky Drags (L)	DS Dr/K S DS Dr/K S DS DS DS R S
Triple (L)	L L/R R L L/R R L R L R L
	&a1 & 2 &a3 & 4 &a5 &a6 &a7 & 8
2 Kentucky Drags (R)	DS Dr/K S DS Dr/K S DS DS DS R S
Triple (R)	R R/L L R R/L L R L R L R
	&a1 & 2 &a3 & 4 &a5 &a6 &a7 & 8

Repeat Bridge (4)

4 Double Steps:

Part B (16)

Rocking Chair (L)
Joey (L)

DS Br Up/H DS R S DS Ba(xib) Ba(ots) Ba(ots) Ba(xib) Ba(ots) S
L R R/L R L R L R L R L R L
&a1 & 2 &a3 & 4 &a5 & 6 & 7 & 8

Rocking Chair (R)
Joey (R)

DS Br Up/H DS R S DS Ba(xib) Ba(ots) Ba(ots) Ba(xib) Ba(ots) S(ots)
R L L/R L R L R L R L R L R
&a1 & 2 &a3 & 4 &a5 & 6 & 7 & 8

Bridge* (8)

8 Double Steps: Optional Turn 360°

Repeat Part A (32)

Facing front: Triple (L); Triple (R); Chain (L); Chain (R); 2 KY Drags w/Triple (L); 2 KY Drags w/Triple (R)

Repeat Bridge (4)

4 Double Steps:

Repeat Part B (16)

Rocking Chair (L); Joey (L); Rocking Chair (R); Joey (R)

End (24)

24 Double Steps: Optional Exit Stage

Created with
CueSheetBuilder.com

Step Abbreviations

Ba = *Ball of Foot	R = *Rock (on Ball of Foot)
Br = Brush (your Heel on floor)	S = *Step (foot flat on floor)
Dr = *Drag Foot Back	Up = Lift knee to hip height -- ankle under knee -- foot parallel to floor
DS = *Double Step	* = Foot takes weight during action

Directional Abbreviations

L = Left (Foot or Direction) when placed under a step or in parenthesis next to a step
R = Right (Foot or Direction) when placed under a step or in parenthesis next to a step
ots = out to side
xib = cross in back

The L's and R's in this example show directional turns and foot abbreviations.

DS(1/4L) DS(1/4L) DS DS
L R L R L R L R
&a1 &a2 &a3 &a4

The R in the top line means Rock.
The L and R found in the second line show which foot takes action.

DS R S R S R S DS R S R S R S
L R L R L R L R L R L R L R
&a1 & 2 & 3 & 4 &a5 & 6 & 7 & 8

Better When I'm Dancin'

Recorded by Meghan Trainor Genre: Pop Time: 2:56

Choreographed by Joyce Guthrie – Blue Ridge Thunder Cloggers joyce@brtc.us 540.454.2536

Sequence: Wait 16 A – B – C – D – A – B – C – D* – Break – ½ C – C – D* – ½ C*

Intermediate +



PART A (32 beats)

STOMP Db/ Up DS RS
1 & 2 &3 &4
L R R R LR

DS H/Up DS H/Up
&1 & 2 &3 & 4
L R R L

ST Push Around Push Around Push Around
1 & 2 & 3 & 4
L R L R L R L

Stomp DS RS/OH EY OH*
1 &2 &3 & 4
R L RL *Point to L corner – Up & Down**

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

DT(ots) RS DT(ots) BA/SL
&1 &2 &3 & 4
R RL R R R

Stomp DT(xif) DT(os) BA BA BA S KICK RS/OH EY OH*
1 &2 &3 & 4 & 5 &6 & 7 & 8
L R R R L R L R RL

PART B (32 beats)

Stomp DS DS Stamp/Up DS RS RS RS
1 &2 &3 & 4 &5 &6 &7 &8
L R L R R R LR LR LR

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

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

BA/Pivot S/Point BA/Pivot S
1 & 2 3 & 4
L R R L R R

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

Mountain Basic

2 Heels Ups

Stomp Push Around

Turns 360° L

Stomp Double Basic

RS ends with L foot pointed 45° L

Cole Step

Moves to L corner

Flares w/ Fancy Chug

Moves R

Ghostbuster (modified)

Turn 360° Right - RS ends with L foot pointed 45° L

Cowboy Stomp

Moves fwd & back with attitude

Donkey & Chain

Hands – encourage LOUD Turns ½ R

Cha-Cha

Pivots

Pivot R to front, then to back

4 Steps

Turn ¼ R with attitude

PART C (32 beats)

DS BA(xif) BA(xib) BA(os) BA(xif) BA(xib) UP/SL
&1 & 2 & 3 & 4
L R L R L R L/R

SL RS RS BR/Up
1 &2 &3 & 4
R LR LR L L

S S S S S Dbl(os) S S BA/Slide
& 1-2 & 3-4 L R R L R/R
L R L R 5 &6 & 7 & 8

S Tch(xif)/Turn Down S Tch(xif)/Turn Down
1 2 3 4 5 6 7 8
L R Both L R Both

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

½ C = Mountain Goat, Double Rock Brush, Side Steps (done facing fwd) & Flare Slide (turns ¼ L on BA/Slide).
½ C* = same plus RS to end.

Mountain Goat
Moving Forward
(facing L)

Double Rock Brush
Turn R to front on Br/Up

Side Steps & Flare Slide

Cross Turn – Hug & Shrug
Turn ½ L to back - hug
Turn ½ L to front –
“whatever” hands

Sam Turk

PART D

S Dbl(xif) Dbl(os) RS BR/Up HS DS DS
1 &2 &3 &4 & 5 &6 &7 &8
L R R RL R R R L R

Hop H Hop ST(xib) Hop H Hop ST(xib) Hop H/Turn/S DS RS
& 1 & 2 & 3 & 4 & 5 & 6 &7 &8
L R R L R L L R L R R L R LR

D* - Turn ½ L on MacNamara. Repeat with same footwork.

Wildflower
Moves R

MacNamara
Turn 360° L

BREAK (16 beats)

S(os) Slur(xib)/S DS RS S(os) Slur(xib)/S DS RS
1 & 2 &3 &4 5 & 6 &7 &8
L R R L RL R L L R LR

Tch(if) Push It Tch(if) Push It S S S S
1 2 3 4 5 6 7 8
L Both L Both L R L R

Dancin’
Ballroom hands

Push It & Steps
Back up on Steps
with attitude

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

Busy City

Artist: Rhonda Vincent
CD: Only Me

Music: Bluegrass, fast
Level: High Intermediate

Choreo: Kathy Moore, CCI
Fairfax, VA, August 2023

Sequence: Wait 36 A B C D Break A B C D B B End



Part A

High Chair	DS L &a1	DT(xif) R &a2	DT(unx) R &a3	RS RL &4		DS R &a5	BR L &	Up L 6	DS L &a7	RS RL &8
KY Run 4	DS R &a1	DR R &	S(xif) L 2	DS R &a3	B(xib) L &	SL L 4	RS RL &5	RS RL &6	DS R &a7	RS LR &8
2 Loop Basics	DS L &a1	Loop R &	S(xib) R 2	DS L &a3	RS RL &4	DS R &a5	Loop L &	S(xib) L 6	DS R &a7	RS LR &8
Around the World	DS L &a1	DT(xif) R &a2	DT(unx) R &a3	@(ib) R &4	@(ib) R &5	BR R &	UP R 6	DS R &a7	RS RL &8	

Part B

Hard Step, Kangaroo (fwd)	DT(ib) L &a1	BR L &	Up L 2	DS L &a3	RS RL &4		DS R &a5	SL R &	RS LR 6&	SL R 7	RS LR &8
Buffy	DS L &a1	DS(xif) R &a2	S L &	DS R 3e&	S L 4	S(ib) R &	SL R 5	DS L &a6	DS R &a7	RS LR &8	
Sammy, Slappy Back	DS L &a1	DS(xif) R &a2	DR R &	S L 3	RS RL &4	DS R &a5	S L &	slap-S R 6&	S L 7	slap-S R &8	
2 Fontanas, Double Basic Chug	DS L &a1	DT(xif) R &a2		DS R &a3	DT(xif) L &a4	DS L &a5	DS R &a6	RS LR &7	BR L &	Up L 8	

End

2 Fontanas, Chain, Triple	same as above				DS L &a5	RS RL &6	RS RL &7	RS RL &8	DS R &a1	DS L &a2	DS R &a3	RS LR &4
--	---------------	--	--	--	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------

Part C

Lucy Brush Over, Rooster Run	DS L &a1	BR R &	Up R 2	DS(xif) R &a3	T L &	Up(ib) L 4	DS L &a5	DS(xif) R &a6	RS(xib) LR &7	RS(xif) LR &8
2 Kicks, Soccer Turn	DS L &a1	K R 2	DS R &a3	K L 4			DS L &a5	DT(ib) R &a6	DS R &a7	RS LR &8
	½ turn left				½ turn left					
Flare Vine	DS L &a1	DT(out) R &a2	RS RL &3	DT(ots) R &a4		RS RL &5	DS R &a6	RS LR &7	RS LR &8	
Utah, Rocker	DS L &a1	DT(xif) R &a2	DT(unx) R &a3	H/B L/R &	Up L 4	RS LR &5	DS L &a6	DS R &a7	RS LR &8	

Part D

MJ Run	DS L &a1	DS(xib) R &a2	R L &	S(ots) R 3	S L 4	RS RL &5	RS RL &6	DS R &a7	RS LR &8		
Toe Kick, Triple Pothole	DS L &a1	T R &	K/S L/R 2	Slap-S L &3	RS RL &4	DS R &a5	DS L &a6	DT R &a	BO(out) B 7	BO(in) B &	Up L 8
T-H Drag Vine	DS L &a1	TS(xib) R &2	DS L &a3	HS(xif) R &4	DR R &	S L 5	RS RL &6	DS R &a7	RS LR &8		
Sally Ann, Mountain Basic	DS L &a1	RS RL &2	H(wt) R &	DS L 3e&	S R 4	STO L 5	DT(up) R &a6	DS R &a7	RS LR &8		

Break

Double Basic Chug	DS L &a1	DS R &a2	RS LR &3	BR L &	Up L 4
--------------------------	----------------	----------------	----------------	--------------	--------------

Abbreviations

@ : brush the floor with a circular motion
 x/y : do x and y at the same time

For other abbreviations, see:
www.kamclogger.org/cuesheets/codes.html

Game of Love

CD: Best of the 60's (2:14min version)
 Artist: Wayne Fontana & Mindbenders
 Wait 8 Beats

Choreo: Morgan Hudson
 morganh_02@hotmail.com
 Level: Intermediate

Intro: Love Strut (L&R) B/H B/H B/H -step-step
 &1 &2 &3 & 4

Box Step B/H B/H B/H B/H (2 forward, 2 back)

A Triple Loop (move Left)(1/2 Right)
 DS-DS-DS-Loop-Step

Rocking Chair DS-&K-DSRS

REPEAT TO FACE FRONT

Triple Stomp DS-DS-DS-Stomp-Stomp (Moving forward)

Triple Freeze DS-DS-Dbl/Slide-Pause (Moving back)
 R L R L

Freeze It Dbl/Slide-Pause Dbl/Slide-Pause
 L R R L

Double Basic DS-DS-RS-Pause
 L R LR

B Sorta (ots xif) (xif/xib)
 DS-RS-RS-K-Down-Pause-Out-Together-Lift-DS-DS
 L RL RL R L/R L/R L/R L L R

Scottie DS-DT-H-DT-H-Tch-Down-Hop-DS-DS-Pause
 L R L R L R L/R R L R

Shoulders Right: Up Down Up Down
 Left: Down Up Down Up
 1 2 & 3 Pause

B* 2 Stomp Dbl Stomp-DS-DS-RS Stomp-DS-DS-RS

Mtn Pause Stomp-Dbl/Up-DS-Pause
 1 &2 &3 4

Sorta
 Scottie
 Shoulders

C Charleston (if) (ots)(ib)
DS-Tch-H-B/H-RS
L R L R LR

Rocker RS-DS-DS-RS (Turn ¼ Right)

REPEAT 3 MORE TIMES TO FACE FRONT

Charleston

Rocker (No Turn)

Charleston

SEQUENCE: INTRO – A – A – B
A – B*
A – C

Grandma's Feather Bed

Artist: John Denver
 Album: John Denver's Greatest Hits, Vol. 2
 Beginner - Folk - 2:13 - Moderate

Choreographer: Janet & Thomas Sileo
 Tom2Clog@gmail.com
 Cardinal Cloggers, Herndon, VA

Wait 14 beats - Left foot lead

Sequence: A - B - A - B - Br - A - B - End

Part A (32)

4 Basics (8)(1/4 L Each)

DS R S DS R S DS R S DS R S
 L R L R L R L R L R L R
 &a1 & 2 &a3 & 4 &a5 & 6 &a7 & 8

2 Triples (8)

DS DS DS R S DS DS DS R S
 L R L R L R L R L R
 &a1 &a2 &a3 & 4 &a5 &a6 &a7 & 8

Outhouse L (4)

Outhouse R (4)

DS R(ots) S R(if) S R(ots) S DS Tch(ots) Click Tch(if) Click Tch(ots) Click
 L R L R L R L R L R L R L R L R
 &a1 & 2 & 3 & 4 &a5 & 6 & 7 & 8

Cowboy (8)

DS DS DS Br/up DS R S R S R S
 L R L R R L R L R L R
 &a1 &a2 &a3 & &a5 & 6 & 7 & 8

Part B (32)

Chain (L) (4)

Chain (R) (4)

DS R S R S R S DS R S R S R S
 L R L R L R L R L R L R L R
 &a1 & 2 & 3 & 4 &a5 & 6 & 7 & 8

4 Brush Ups (8)

DS Br Up DS Br Up DS Br Up DS Br Up
 L R R R L L L R R R L L
 &a1 & 2 &a3 & 4 &a5 & 6 &a7 & 8

Clogover Vine (8)

DS DS(xif) DS DS(xib) DS DS(xif) DS R S
 L R L R L R L R L R L R
 &a1 &a2 &a3 &a4 &a5 &a6 &a7 & 8

Clogover Vine R (8)

DS(ots) DS(xif) DS(ots) DS(ib) DS(ots) DS(xif) DS(ots) R S
 R L R L R L R L R L R
 &a1 &a2 &a3 &a4 &a5 &a6 &a7 & 8

Repeat Part A

4 Basics (1/4 L Each) - 2 Triples - 2 Outhouses - Cowboy

Repeat Part B

2 Chains - 4 Brush Ups - 2 Clogover Vines

Bridge (10)

Turkey L (4)

Turkey R (4)

H Fl Lp S DS R S H Fl Lp S DS R S
 L L R R L R L R R L L R L R
 & 1 & 2 &a3 & 4 & 5 & 6 &a7 & 8

2 Double Steps (2)

DS DS
 L R
 &a1 &a2

Repeat Part A **4 Basics (1/4 L Each) - 2 Triples - 2 Outhouses - Cowboy**

Repeat Part B **2 Chains - 4 Brush Ups - 2 Clogover Vines**

End (16)

4 Basics (8) (1/4L Each) DS R S DS R S DS R S DS R S
L R L R L R L R L R L R
&a1 & 2 &a3 & 4 &a5 & 6 &a7 & 8

2 Triples (8) DS DS DS R S DS DS DS R S
L R L R L R L R L R
&a1 &a2 &a3 & 4 &a5 &a6 &a7 & 8

High Heels (Party Down Under)

Artist: Flo Rida, Walker Hayes & Sam Feidt

Choreo: Morgan Hudson

Level: Intermediate

Email: morganh_02@hotmail.com

Start After (I wake up like ah)

- (moving Left)
- A** Step & Slide ST-TCH-ST-TCH-ST-ST-ST-TCH
- (moving Right)
- Step & Slide ST-TCH-ST-TCH-ST-ST-ST-TCH
- (moving Forward)
- Step & Slide ST-TCH-ST-TCH-ST-ST-ST-TCH
- (moving Back)
- Step & Slide ST-TCH-ST-TCH-ST-ST-ST-TCH
- A*** Do Part A and add: ST-TCH-ST-TCH
- B** Scissor Pause DBL-Out-Cross-Out-Cross-Out-Together-Lift-Pause-ST-RS-DS-RS
 L L/R L/R L/R L/R L/R L/R L L RL R LR
 (xif) (ots)(if)(xib)
- Mountain Goat DS-BA-BA-BA-BA-Slide (moving Forward)
 L R L R L R R
- Rocking Chair DS-Scuff/Up-DSRS (Turn ½ Left)
REPEAT TO FACE THE FRONT
- (xif)(ots)(xif ots)
- C** Step Across ST-TCH-ST-TCH
- Rocker RS-DS-DS-RS (Turn ¼ Right)
REPEAT 3 MORE TIMES TO FACE THE FRONT
- C*** Step Across
 Rocker (Turn ½ Right)
REPEAT TO FACE THE FRONT
- (moving left) (moving right)
- Break** 2 Loop Vine DS-DS-DS-Loop-ST-DS-Loop-ST-DSRS DS-DS-DS-Loop-ST-DS-Loop-ST-DSRS
- Giddy Up DS-Rock-Toe-Ba-Rock-Toe-Ba-Ba-Slide-RS-DS-DSRS
 (xib ots)(if)(xib ots)
- Joey DS-BA-BA-BA-BA-BA-Step
- Triple DS-DS-DS-RS (Turn ½ Right)
- REPEAT: Giddy Up – Joey – Triple (Turn ½ Right)**

SEQUENCE: A – B – C – Break
 A* - B – C – C*



I DO THING



High Intermediate
Tempo: Quick
Length: 2:56

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



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

Music: Country
Artist: Kylie Frey
Album: Rodeo Queen

Read top to bottom by column like a newspaper

WAIT 8 BEATS

<u>BREAK</u> – 8 counts 2 Heel Basics Walk the Dog	<u>BREAK</u> – 8 counts 2 Heel Basics Walk the Dog	
<u>PART A</u> – 32 counts 2 Pump Touches Football ½ L to face back 2 Pump Touches Football ½ L to face front	<u>PART A</u> – 32 counts 2 Pump Touches Football ½ L to face back 2 Pump Touches Football ½ L to face front	<u>BOX</u> – 32 counts Rooster Run Fancy Gallop ¼ L <i>* Repeat 3 times to face front</i>
<u>PART B</u> – 16 counts Cowboy diagonal L Cowboy diagonal R	<u>PART B</u> – 16 counts Cowboy diagonal L Cowboy diagonal R	<u>PART B</u> – 16 counts Cowboy diagonal L Cowboy diagonal R
<u>PART C</u> – 32 counts High Horse ½ R to back Flatfoot Gallop Crazy Legs backing up <i>*Repeat all Part C to face front</i>	<u>PART C</u> – 32 counts High Horse ½ R to back Flatfoot Gallop Crazy Legs backing up <i>*Repeat all Part C to face front</i>	<u>PART C</u> – 32 counts High Horse ½ R to back Flatfoot Gallop Crazy Legs backing up <i>*Repeat all Part C to face front</i>
<u>PART D</u> – 24 counts Broken Birmingham Rabbit 2 Double Steps 2 Toe Heels 2 Basics Fancy Double 360 L	<u>PART D</u> – 24 counts Broken Birmingham Rabbit 2 Double Steps 2 Toe Heels 2 Basics Fancy Double 360 L	<u>PART D</u> – 33 counts Broken Birmingham ½ L Broken Birmingham ½ L Rabbit 2 Double Steps 2 Toe Heels 2 Basics Fancy Double 360 L ENDING: Step forward on Left

Steps for I DO THING

HEEL BASICS & WALK THE DOG	<u>DS H(xif) STEP DS H(xif) STEP DS DS H H RS</u>
	L R L R L R L R L R LR LR
	&1 & 2 &3 & 4 &1 &2 & 3 &4

PUMP TOUCH	<u>DS Kick H Tch(xif) H Tch(ots) H</u>	Repeat on opposite foot
	L R L R L R L	
	1 & 2 & 3 & 4	

FOOTBALL	<u>DS KICK RS KICK RS DSRS KICK</u>
	L R RL R RL R LR L
	&1 2 &3 4 &5 6 &7 8

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

HIGH HORSE	<u>DS DT(xif) DT(ots) RS Ball Slide DS DS RS</u>
	L R R RL R R L R LR
	&1 &2 &3 &4 & 5 &6 &7 &8

FLATFOOT GALLOP

CRAZY LEGS	<u>DS(xib) DS(xib)DS(xib) RS</u>
	R L R LR
	&1 &2 &3 &4

BROKEN BIRMINGHAM	<u>LEFT FOOT: DS Brk(ots) STEP Brk(ots) STEP Slide DS R</u>
	<u>RIGHT FOOT: DS(xif) DS(xib) Ball DS S</u>
	&1 &2 & 3& 4 & 5 &6 &7 & 8

RABBIT	<u>DT BO BO BO/KICK(ots) BO(Rxif) BO/KICK(ots) BO LIFT</u>
	L both L R both L R both L
	&a 1 & 2 & 3 & 4

ROOSTER RUN FANCY GALLOP	<u>DS DS(xif) Ba Ba(xib) Ba STEP(xif) DS DS R(ots)HS R(xib)HS</u>
	L R L R L R L R L R L R
	&1 &2 & 3 & 4 &5 &6 & a7 & a8

I Need You

Artist: Jon Batiste
 CD: We Are
 Music: R&B/Soul
 Length: 2:37 minutes

Choreographer: Lynn Grassi
 Email: lynngrassi@verizon.net
 Cell: 410-428-6992
 Level: Intermediate+ Line

Sequence: Wait 16 beats - A - B - C - D - E - A - B - C - D - E - F - A - B - G - B - B - Ending

Wait 16 beats OR 4x[Hips-single/single/double] R,L,R,L with shoulder shrugs

Part A	Time Step	S (xif)	S (ib)	S (ots)	S (xif)	S (ib)	S (ots)	S (xif)					
(32 beats)	(4 beats)	L	R	L	R	L	R	L					
		1	&	2	&	3	&	4					
	Slur Rooster	DS	Slr	S (ib)	R (ots)	S (xif)	R (ots)	S (xib)					
	(4 beats)	R	L	L	R	L	R	L					
		&a5	&	6	&	7	&	8					
	Long Charleston	DS	Tch (if)	H	Tch (ib)	H	Tch (ib)	H	RS	DS	RS	Sk	H
	Basic Skuff	R	L	R	L	L	R	R	LR	L	RL	R	L
	(8 beats)	&a1	&	2	&	3	&	4	&5	&a6	&7	&	8

Repeat: Time Step, Slur Rooster, Long Charleston Basic Skuff; opposite direction; opposite footwork (16 beats)

Part B	Utah Chug	DS	Br	H	DS (xif)	RS	RS	Br	H	DS	Ba	H Chug
(8 beats)	(8 beats)	L	R	L	R	LR	LR	L	R	L	R	L R
		&a1	&	2	&a3	&4	&5	&	6	&a7	&	a 8

Part C	Swing Suzy (1/4 R)	Hw	Fl	Tch (ib)	H	S (xib)	S (ots)	S				
(24 beats)	(4 beats)	L	L	R	R	L	R	L				
		1	&	2	&	3	&	4				
	Corkscrew	Hw	Fan (L to R)/S	S	Hw	Fan (R to L)/S	S	Tch (ib)				
	(4 beats)	R	R/L	R	L	L/R	L	R				
		5	&	6	&	7	&	8				

Repeat: Swing Suzy ¼ R, Corkscrew; opposite footwork (8 beats)

Repeat: Swing Suzy ¼ R, left foot lead (4 beats)

Cake Walk (1/4 R)	Hw	S	Hw	S	Hw	S	Hw
(4 beats)	R	R	L	L	R	R	L
	1	&	2	&	3	&	4

Part D	Rock Slur	DS	Slr	S (ib)	RS	Slr	S (ib)	RS	Slr	S (ib)	DS	RS
(16 beats)	Basic	L	R	R	LR	L	L	RL	R	R	L	RL
	(8 beats)	&a1	&	2	&3	&	4	&5	&	6	&a7	&8

Repeat: Rock Slur Basic; opposite footwork (8 beats)

Part E	MacNamara	Hw	S (ib)	S (if)	R (ots)	Hw (½ R)	S
(8 beats)	Heel Spin	L	L	R	L	R	L
	(4 beats)	1	&	2	&	3	4

Repeat: MacNamara Heel Spin; opposite footwork; ½ L spin (4 beats)

Repeat Part A (32 beats): 2x [Time Step, Slur Rooster, Long Charleston Basic Skuff]; alternating footwork

Repeat Part B (8 beats): Utah Chug

Repeat Part C (24 beats): 2x [Swing Suzy, Corkscrew]; Swing Suzy; Cake Walk

Repeat Part D (16 beats): 2x [Rock Slur Basic]

Repeat Part E (8 beats): 2x [MacNamara Heel Spin]

Part F	Turkey	Hw	Fl	S (ib)	DS	RS					
(24 beats)	(4 beats)	L	L	R	L	RL					
		1	&	2	&a3	&4					
		----- ½ R -----									
	Boogie Back	K	Ba	S	K	Ba	S				
	(4 beats)	R	R	L	R	R	L				
		5	&	6	7	&	8				

Repeat: Turkey, Boogie Back ½ L; opposite footwork (8 beats)

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

Repeat Part A (32 beats): 2x [Time Step, Slur Rooster, Long Charleston Basic Skuff]; alternating footwork

Repeat Part B (8 beats): Utah Chug

Part G	Crazy Legs	S		P	S	P				
(16 beats)	(4 beats)	L		R	R					
		knees in & out	knees in & out	knees in & out	knees in & out					
		1&	2&	3&	4&					
	Jazz Box	S		S (xif)	S (b)	S (ots)				
	(4 beats)	L		R	L	R				
		1		2	3	4				

Repeat: Crazy Legs, Jazz Box [S (xif), S (b), S (ots), S (together)]; same footwork (8 beats)

Repeat Part B (8 beats): Utah Chug

Repeat Part B (8 beats): Utah Chug

Ending S (ots)/Point R towards front
(1 beat) L
 1

Key:			
S-Step	DS-Double step	Slr-Slur	R-Rock
Tch-Touch	H-Heel	RS-Rock step	Sk-Skuff
Br-Brush	Ba-Ball	Hw-Heel walk	Fl-Flap
K-Kick	P-Pause		

xif-cross in front	ib-in back	ots-out to side	xib-cross in back
if-in front	b-back		

JINGLE ALL THE WAY

Album: Bluegrass Christmas

Choreo: Barbara Elko

Basic

Length 2:26

Pioneerlogger@gmail.com

SEQUENCE: INTO A B C A* B* ENDING

INTRO:

8 TOE/HEELS (in place or use to enter the stage area)

2 AIRPLANES DS RS RS RS(full turn L) DS DS DS RS(full turn R)
L RL RL RL R LR LR LR

FANCY DOUBLE DS DS RS RS
L R LR LR

PART A:

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

...REPEAT opposite footwork & direction

2 KENTUCKY DRAGS DS DR/K S(xif) DS DR/K S(xif)
L L/R R L R/L R

ROCKING CHAIR DS BR/UP DS RS(1/4L)
L R R LR

CHARLESTON DS T(f) H T(b) H RS
L R L R R LR

FANCY DOUBLE DS DS RS RS(1/4L)
L R LR LR

...REPEAT 2 Ky drags, Rocking Chair(1/4L), Charleston, Fancy Double(1/4L)

PART B:

2 SAMANTHAS DS(ots) DS(xif) DR S DR S RS DS DS RS
(1/2R on each) L R R L L R LR L R LR

4 HEEL STEPS H/S H/S H/S H/S
L R L R

PART C:

CLOGOVER VINES LEFT & RIGHT

LUCY BRUSHOVER DS(ots) BR(xif) H T(xif) H Tip(B) H (moving left)
L R L R R L

PUSH DS RS RS RS
L RL RL RL

COWBOY (moving forward) (backing)
DS DS DS BR SL DS RS RS RS
R L R L R L RL RL RL

...REPEAT Lucy Brushover, Push, Cowboy (opposite footwork & direction)

PART A*

CLOGOVER VINES LEFT & RIGHT

2 KENTUCKY DRAGS

ROCKING CHAIR (1/2L)

CHARLESTON

FANCY DOUBLE (1/2L)

PART B*

4 SAMANTHAS (1/4 R on each) box

4 HEEL STEPS

ENDING:

CLOGOVER VINES LEFT & RIGHT

2 FANCY TRIPLES DS(ots) DS(xif) DT S(xib) RS DS(ots) DS(xif) DT S(xib) RS
L R L L RL R L R R LR

6 STOMPS Left, Right, Left, Right, Left, Right

STRUTTING VINE DS(ots) T(xif) H DS(ots) T(xif) H DS(ots) T(xif) H DS RS
L R R L R R L R R L RL

..REPEAT the Strutting Vine moving right

DOUBLE STEPS USED TO EXIT STAGE, Waving

Memory Lane

Artis: Old Dominion
 Level: Intermediate
 Wait: 16 Beats

Choreo: Morgan Hudson
 morganh_02@hotmail.com
 Genre: Country

A Triple Loop Drag DS-DS-DS-Loop-S-DS-Drag-S-DSRS (Moving left)
 Football DS-&K-RS-&K-RS-DSRS-&K (Turn 360° Right)
REPEAT USING OPPOSITE FOOTWORK & DIRECTION

B Samantha DS-DS-S-S-RS-DS-DS-RS
 4 ¼ Kicks DS-&K DS&K DS&K DS&K (Turn ¼ Left on each)
REPEAT
 (Moving Right)(Turn ½ Right)

SEQUENCE: A – B – C
 A* - C – D
 C – A – END

C Sidewinder DS-RS-RS-RS-RS-R-H-Spin-S
 L RL RL RL RL RL R L L R
 &1&2 &3&4&5 &6 & 7 & 8
 2 Joey DS-Ba-Ba-Ba-Ba-Ba-S DS-Ba-Ba-Ba-Ba-Ba-S
 (Moving Right)(Turn ½ Right)
 Sidewinder DS-RS-RS-RS-RS-R-H-Spin-S
 2 Joey DS-Ba-Ba-Ba-Ba-Ba-S DS-Ba-Ba-Ba-Ba-Ba-S
 4 Lift Basics Lift-SRS Lift-SRS Lift-SRS Lift-SRS (Turn ¼ Left on each)

D Drag 3 DS-Drag-S DS-Drag-S DS-Drag-S DSRS (Moving Left)
 Triple Kick DS-DS-DS-&K (Moving forward)
 Triple DS-DS-DS-RS (Moving Back)
REPEAT USING OPPOSITE FOOTWORK & DIRECTION

A* 2 Triple Loop Drag DS-DS-DS-Loop-S-DS-Drag-S-DSRS (Moving left)
 2 Only Wanna DS-Db/Up-RS-R-Lift (Turn ½ Left on each)
 L R RL R L
 Triple Kick DS-DS-DS-&K (Moving forward)
 Triple DS-DS-DS-RS (Moving Back)

End Only Wanna DS-Db/Up-RS-R-Lift (Turn ¼ Left on each)
 L R RL R L
 2 Basics DSRS DSRS
Repeat 3 more times to face the front

Step

Men In Black

Will Smith

Intro: 32 beats

Sequence:

Part A

A-B-A-B-C-D-E

Outhouse DS Rock out Rock in Rock out
 &1 &2 &3 &4
 L R R R

Repeat on other foot

Heel Ups DS Heel up DS Heel up
 &1 &2 &3 &4
 L R R L

Walk the Dog DS DS Heel Heel RS (Turn ½ to left)
 &1 &2 & 3 &4
 L R LR LR

Repeat Part A to end facing front

Part B

Stomp Double Basic S DS DS RS DS BR DS RS
 & Rocking Chair 1 &2 &3 &4 &5 &6 &7 &8
 L R L RL R L L RL

Repeat Stomp Double Basic & Rocking Chair on other foot

Basketball Turn & Basic S S (Turn ½ to right) DS RS (Facing back)
 1 2 &3 &4
 L R L RL

Repeat Basketball Turn & Basic to face back to front)

Slurs-Chain DS Slur DS Slur DS RS RS RS
 (Moving left) &1 2 &3 4 &5 &6 &7 &8
 L R L R L RL RL RL

Repeat back to the right

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

Part C

Triple left & right DS DS DS RS DS DS DS RS
 &1 &2 &3 &4 &5 &6 &7 &8
 L R L RL R L R LR

2 Basics, Double DS RS DS RS DS DS RS Brush up
 Basic Brush &1 &2 &3 &4 &5 &6 &7 &8
 L RL R LR L R LR L

Part D

Half Clog Over Vine & Rocking Chair	DS	DS (xif)	DS	DS (xib)	DS	Brush up	DS	RS (turn ¼ to left)
	&1	&2	&3	&4	&5	&6	&7	&8
	L	R	L	R	L	R	R	LR

Repeat 3 more times, turning ¼ to left each time (should end up facing front)

Part E

4 Chains (Bouncing)	DS	RS	RS	RS	DS	RS	RS	RS
	&1	&2	&3	&4	&5	&6	&7	&8
	L	RL	RL	RL	R	LR	LR	LR

4 Pulls (Sliding forward)	S	RS	S	RS	S	RS	S	S
	1	2&	3	4&	5	6&	7	8
	L	RL	R	LR	L	RL	R	L

3 Basics (Walking)	DS	RS	DS	RS	DS	RS
	&1	&2	&3	&4	&5	&6
	R	LR	L	RL	R	LR

Double Step & pose ("C'mon, make your neck work")	DS	DS
	&1	&2
	L	R
	&1	&2

Foot Across Turn (Now Freeze)	Move right foot across and in front of left (weight on left), then turn whole body in place over left shoulder
----------------------------------	--

My Home In Virginia

Artist: The Kody Norris Show
Level: Easy Intermediate
Wait 32 beats

Choreo: Morgan Hudson
morganh_02@hotmail.com
Genre: Bluegrass

A Natasha (ots) (xib) (xif/ots xif/ots)
DS-&Kick-DS-RS-&Kick-&Kick-DSRS
L R R LR L L L RL
&1 &2 &3 &4 &5 &6 &7&8

Swayback DS-DT-H-DT-H-BA-H-RS-DS-DS-RS
R L R L R L L RL R L RL

REPEAT USING OPPOSITE FOOTWORK

B Vine & Push DS-DS-DS-DS-DS-RS-RS-RS (Moving Left)

Hardstep Tch (xif) (xif)
DBL/Back-Scuff/Up-Tch-H-Tch-H
R R R L R L

Fancy Heel DS-DS-H-H-T-H
R L R L R L

REPEAT USING OPPOSITE FOOTWORK & DIRECTION

2 Basics

C 2 Flap Jacks (if) (xif) (xif)
DS-Tch-H-Tch-H-Tch-H

Samantha DS-DS-S-S-RS-DS-DS-RS (Turn 360° Right)

REPEAT

A* Do Part A & add a Swayback

B* Mtn Pause Stomp-DbI/Up-DS-Pause
1 &2 &3 4

Do Part B

SEQUENCE: A – B – C
 A – B – C
 A – B* - A*

Set Me Free (English Version)

Artist: Twice
 Music: K-Pop
 Wait 16 Beats

Choreo: Morgan Hudson
 Email: morganh_02@hotmail.com
 Level: Intermediate

A Vine & Run (xif) (xib) (xif) (xib)
 DS-DS-DS-DS-BA-BA-BA-BA-DSRS
 L R L R L R L R L RL
 Sway Back (xif) (x)
 DS-DT-H-DT-H-BA-H-RS-DS-DS-RS
 R L R L R L L RL R L RL

SEQUENCE:
 A – B
 A – B – Break - B

REPEAT USING OPPOSITE DIRECTION AND FOOTWORK

Bring it Around DS-DT-OUT-RS-SCUFF/UP DS-DT-OUT-RS-SCUFF/UP
 L R R RL R R L L LR L
 &1 & 2 &3 & 4 &5 & 6 &7 & 8

Cowboy Twist DS-DS-DS-SCUFF/UP-DbI-Twist-H-Twist-H-Twist-H-S
 L R L R R L/R R L/R R L/R R R
 &1 &2 &3 & 4 & 5 & 6 & 7 & 8

B Half Sam DS-DS-Lift-SRS DS-DS-Lift-SRS (moving forward on both)
 L R L LRL R L R RLR
 (moving forward)
 Bend & Dbl-Bend-Bend-Bend-S RS-DS-DS-RS (Turn ½ Right)
 Rocker L R L R R LR L R LR

REPEAT TO FACE THE FRONT

Kick One DS-Kick-S-DSRS (moving 45° Left)
 Kick Two DS-Kick-S-Kick-SRS (moving 45° Left)
 Bring it Back Dbl-H-H-H-S
 Rocker RS-DS-DS-RS

Kick One DS-Kick-S-DSRS (moving 45° Right)
 Kick Two DS-Kick-S-Kick-SRS (moving 45° Right)
 Bring it Back Dbl-H-H-H-S
 Rock RS-Pause-Pause-Pause

Break Mtn Basic Stomp-DbI/Up-DSRS (Turn ¼ Left)
 Walk the Dog DS-DS-H-H-RS (Turn ¼ Left)

REPEAT TO FACE THE FRONT

Joey Jog Dbl-BA-BA-BA-BA-BA-BA-BA Dbl-BA-BA-BA-BA-BA-BA-BA
 L L R L R L R L R R R L R L R L R
 & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Popcorn DS-DS-Rock-H-RS-Rock-Slide-DS-DS-RS
 L R L R RL R R L R LR
 &1 &2 & 3 &4 & 5 &6 &7&8

Stars and Stripes Forever

Intermediate

Recorded by: John McEuen – String Wizards

Choreo: Mary Smith – luv2clog@starpower.net & Joyce Guthrie – joyce@brtc.us

Sequence: Wait 8 A-A-Break-A*-D

PART A

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

Cole Step/Triple
Move forward

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

High Horse

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

Samantha
Turn 360° R

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

4 Basics
*2 Basics facing front
then 2 Basics to turn L 180°*

A Use four basics to move to a circle.*

BREAK

Group 1

Wait 4 – ST ST CLAP CLAP SK SLAP TOE(xif)
5 & 6 & 7 & 8
L R HANDS L L L

Sousa

Group 2 – echo Group 1

Wait 12 – ST ST CLAP CLAP SK SLAP TOE(xif)
5 & 6 & 7 & 8
L R HANDS L L L

Sousa

Groups 1 & 2

PIVOT(right) HEELS (Pause)
1 2 3 4
BOTH

Pivot Turn
Pivot ½ right on balls of feet

ST ST ST/PIVOT(right) ST
1 2 3 & 4
L R L R

March
Turn ½ right on beat 3

ST ST ST ST/PIVOT(left) ST ST ST ST
1 2 3 4 & 5 6 7 8
L R L R L R L R

March
Forward x 4; Standing x 4

Groups 1 & 2

Wait 3 - STOMP STOMP Wait 3 - STOMP STOMP
1 2 3 4 & 1 2 3 4 &
L R

Stomp Section
All groups simultaneously

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

8 Double Steps

PART D

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

4 Basics
Move to a circle & take hands

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

2 Slurs/Fancy Double
Circle left

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

Hippity Hop
Circle left

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

Chain left

ST/PIVOT(1/2) ST ST/PIVOT(1/4) TOE(xib)
1 & 2 3 & 4
R L R L

1 1/2 Basketball Turns
(Pivot left – salute on 4)

Welcome To Fist City

Intermediate – Country – Quick

Artist: Chapel Hart (available on iTunes) 3:25

(Aug 2023)

Choreo : Pam Smiley, CCI clogrpam@gmail.com (443) 377-4573

Sequence : Wait 36 – Break1 – A – Break2 – B – Break1 – A – Break2 – Bridge – B – Break1 – A – End

Wait – Wait 36 slow beats. Break1 starts after singing ends.

Break1 – 4 Beats

(4) Shuffles DR SL - DR SL - DR SL - DR SL
 (both feet for all)
 & 1 & 2 & 3 & 4

Part A – 64 Beats

(16) 2 Kick Sequence DS – K SL– RS – K SL – RS – RS – K SL - RS (2nd time opposite footwork)
 L R L RL R L RL RL R L RL
 &1 & 2 &3 & 4 &5 &6 & 7 &8

(4) 2 Kicking Mule RK(xf)/K(b) S - RK(f)/K(b) S - RK(xf)/K(b) S - RK(f)/K(b) S
 L R R L R R L R R L R R
 & 1 & 2 & 3 & 4

(12) Perils Plus DS - BR (xb&@) SL - BR(xf) SL - BA HD(b) - RS - DS - DS - BR SL - RS - RS - K SL - K SL
 L R L R L R R LR L R L R LR LR L R L R
 &1 & 2 & 3 & 4 &5 &6 &7 & 8 &9 &10 & 11 & 12

(8) RT Turn DS - DT(b) (1/2 left) SL - T(b) SL - BR SL - TCH(xf) SL - TCH(ots) SL – DS - RS
 L R L R L R L R L R L R LR
 &1 & 2 & 3 & 4 & 5 & 6 &7 &8

(8) 2 Turkey Basic (p) HE - FL S - DS - RS - (p) HE - FL S - DS - RS
 L L R L RL R R L R LR
 & 1 & 2 &3 &4 & 5 & 6 &7 &8

****Repeat RT Turn and Turkey Basics back to the front, same footwork****

Break 2 – 4 Beats

(4) 1 Slur Back DS - SLR S - SLR S - DS
 L R R L L R
 &1 & 2 & 3 &4

Part B – 64 Beats

(8) 2 Hard Step & DT(b) SL - BR(f) SL - DS - RS - DS - DS - RS - RS (2nd time opposite footwork)
 Fancy Double L R L R L RL R L RL RL
 & 1 & 2 &3 &4 &5 &6 &7 &8

8) 1 Samantha DS - DS(xf) - DR S - DR S - RS - DS - DS - RS (1/2 right)
 L R R L L R LR L R LR
 &1 &2 & 3 & 4 &5 &6 &7 &8

(8) Birmingham (p) S - DS(xf) - S DS(ots) S - BA SL/UP - DS - DS - RS
 L R L R L R R/L L R LR
 & 1 &2 & 3& 4 & 5 &6 &7 &8

***** Repeat all steps above same footwork to front *****

Break1 – 4 Shuffles

Part A – 2 Kick Sequence / Kicking Mule / Perils Plus/ RT Turn / 2 Turkey Basics / RT Turn / 2 Turkey Basics

Break2 – 1 Slur Back

Bridge – 24 Beats (diagonal L)

8) 1 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

(¼ L) (¼ R) (¾ L to R diag)
(8) 2 Basics & Fancy DS - RS - DS - RS - DS - DS - RS - RS
Double L RL R LR L R LR LR
***** Repeat Cowboy only diagonal R *****

Part B – Hard Step / Fancy Dbl / Hard Step / Fancy Dbl / Samantha ½ / Birmingham *repeat all

Break1 – 4 Shuffles

Part A - 2 Kick Sequence / Kicking Mule / Perils Plus/ RT Turn / 2 Turkey Basics / RT Turn / 2 Turkey Basics

End – 21 beats

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

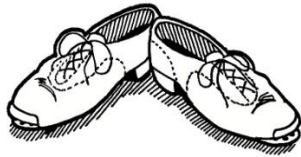
(8) 1 Cowboy DS - DS - DS - BR/SL - DS - RS - RS - RS
L R L R/L R LR LR LR
&1 &2 &3 &4 &5 &6 &7 &8

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

(1) Step S
L
1

Abbreviations:

BA = Ball of foot	SL = Slide	(b) = back
BR = Brush	SLR = Slur	(f) = front/forward
DR = Drag	T = Tip of Toe	(ots) = out to side
DS = Double Toe Step	TCH = Touch	(xf) = cross in front
DT = Double Toe	UP = up/lift	(xb) = cross in back
FL = Flap toe down		(p) = pause
HD = Heel Drop		@ = around
HE = Heel Edge		
K = Kick		
RK = Rock		
RS = Rock Step		
S = Step		



Learn to Clog!

Reprinted by permission from "The Basic Steps of Clogging"
by Jeff Driggs, www.DoubleToe.com

Taught today by Jayne Treadwell
Learn2Clog@hotmail.com - 252-290-0799

Let's Get Started!

Appalachian clogging is a rhythmic dance that accompanies the downbeat, or bass beat, of the music. Take a moment to listen to a hoe-down song and tap your feet or clap your hands to the downbeat of the music. Starting with your left foot, begin stepping in place to the downbeat of the music. Don't march, just relax and step comfortably to the music as if you are a part of it. Now add a kick to your step. Keep stepping on the downbeat, but let your feet come out in front of you and kick forward before you step - like a tin soldier, but less rigid.

KICK	STEP	KICK	STEP	KICK	STEP	KICK	STEP
L	L	R	R	L	L	R	R
&	1	&	2	&	3	&	4

You're seeing this sequence as it would be written on a "Cue Sheet". A cue sheet is a diagram of the steps and timing of a step or dance. The words or abbreviations on the top line explain the foot movement, the L & R tell you on which foot you perform the movement, and the numbers along the bottom tell you on which beat of the music you will perform the step. We will learn more about cue sheets and movement notations as we go along. Cue sheets will become very important tools in remembering steps and learning new dances as you become more confident in your clogging.

Now kick forward with the left foot, then step in place three times, like the cue below describes:

KICK	STEP	STEP	STEP
L	L	R	L
&	1	&	2

It's simple, just think KICK 1, 2, 3... Kick and three steps. Remember that the first step will occur on the downbeat - or bass beat - of the music. Practice the step a few times to get the feel of it, then try KICK 1,2,3 on the right foot. Now alternate feet and practice with some slow music with a steady beat. KICK 1.2.3... KICK 1.2.3... Relax and feel the music. You've just learned the beginning of the BASIC STEP of clogging!

The Double-Toe

The double-toe sound is what will really make you feel like you're clogging. It's really pretty simple. I've heard people explain the double-toe sound as "kicking a rock" or "getting the gum off of your shoe". We're going to take a little looser approach to the double-toe sound.

Let's go back to the KICK STEP that you already know. As you do this, your foot comes forward with the kick and then steps down. We're going to turn this kick into a double-toe.

Standing on your right foot, relax your left toe and bring your foot forward - letting your toe brush the floor as it goes forward and making a sound. Now let your toe fall back to the floor, making a second sound. This is a DOUBLE-TOE. Brush, Fall = Double-Toe. Now that your foot has done a double-toe, step on the left foot and get your right foot free. Repeat the same action on your right foot. Brush the toe forward and let it fall, then step. You've just done a DOUBLE-TOE STEP.

DOUBLE-TOE	STEP	DOUBLE-TOE	STEP
L	L	R	R
&	a	&	a
	1		2

Now try it with the music. A good way to get started is to go back to the KICK STEP, KICK STEP. Keep going and establish the beat. Now as you kick out, relax your toe and let it brush the floor as you kick and bring it back. This will allow you to double-toe in place of the kick.

The Basic Step

Now that you've learned the Double-Toe Step, let's add two more steps to it:

<u>DOUBLE-</u>	<u>TOE</u>	<u>STEP</u>	<u>STEP</u>	<u>STEP</u>
L		L	R	L
&	a	1	&	2

A great way to work into this is to return to **KICK 1, 2, 3** and slowly add the double-toe in place of the kick.

PRACTICE. PRACTICE. PRACTICE!

Now let's learn how to style the step. Get up on the balls of your feet. Step with your left foot, then put your right foot back just a little and rock your weight back onto it, then step on your left foot again.

<u>STEP</u>	<u>ROCK</u>	<u>STEP</u>
L	R	L
1	&	2

The STEP ROCK STEP is the same as the three steps in **KICK 1, 2, 3**
The big leap... put it all together!

<u>DOUBLE-TOE</u>	<u>STEP</u>	<u>ROCK</u>	<u>STEP</u>
L	L	R	L
&	a	1	&
			2

Try alternating feet. You are now doing the BASIC STEP of clogging!

Remember, if you're having trouble, always go back to the simplest form and build on it. Start with a **KICK 1, 2, 3** then add the DOUBLE-TOE in place of the kick, ROCK back on the 2nd step of 1,2,3 and you've got it!

More Basics, Clogging Terminology, and More Stuff to Confuse and Challenge You!

Now that you are beginning to feel comfortable the **BASIC STEP**, let's use the foot movements you already know to learn a **TRIPLE** and a **FANCY DOUBLE**. First, let's learn a few abbreviations to make things easier.

The abbreviation in clogging for a DOUBLE-TOE is: **DT or just D**

The abbreviation in clogging for a STEP is: **S**

The abbreviation in clogging for a ROCK is: **R**

Let's take a little test... Knowing what you do about the BASIC STEP of clogging, think of what the abbreviation for DOUBLE-TOE STEP ROCK STEP would be.

If you thought **DT--S--R--S** or **D--S--R--S** then you're exactly right!

When a DOUBLE-TOE and STEP are done together, they are often abbreviated as **DTS** or even **DS**.

The Triple and Fancy Double

Now, using the abbreviations we've just learned, the following are the cues for a **TRIPLE** and a **FANCY DOUBLE**.

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

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

Brushes

A **BRUSH** in clogging is the brushing of the ball of the foot in any given direction.

Let's learn a **BRUSH UP**. Stand on your left foot. With your right knee straight, brush the ball of your right foot forward. Now bend your right knee and bring your right leg up - keeping the lower leg parallel to the left leg.

Try it again. Stand on your left foot. Take your right foot and **BRUSH UP**. Keep your knee straight on **BRUSH** and bend it when the foot comes **UP**.

<u>DS</u>	<u>BR-UP</u>
L	R R
&1	& 2

PRACTICE, PRACTICE, PRACTICE!

Even More Stuff to Confuse and Challenge You

Because clogging is such a diverse dance with so many difference styles and influences, it has been difficult for teachers to agree on a single format for terminology and cue sheets. What may be called a BRUSH UP in one area of the country may be called a CHUG in another, and a PUMP or LIFT in yet another. Many different groups and individuals have worked to standardize movement names and terminology to make it easier for clogging to be learned and shared. Sheila Popwell, a clogging instructor and innovator during the 70's and early 80's was very instrumental in helping to establish standardized abbreviations for use in teaching and cueing. The following are the movements and abbreviations we will be utilizing for this session:

DOUBLE-TOE	DT
STEP	S
DOUBLE-TOE STEP	DS
ROCK	R
BRUSH	BR

Directional Abbreviations

Directional abbreviations follow a step notation in abbreviation form and give the direction in which the foot movement is to take place. It is usually placed in parentheses just after the movement, i.e.:

S	(XIF)
FRONT	(F)
BACK	(B)
ACROSS IN FRONT	(xif)
ACROSS IN BACK	(xib)
OUT TO THE SIDE	(ots)

More Steps to Try

Many steps in clogging are built by putting steps together. A good example is a **ROCKIN' CHAIR**. Starting on the left foot, do a **DOUBLE-TOE STEP** and **BRUSH UP** with the right, then on the right foot do a BASIC STEP.

ROCKIN' CHAIR	<u>DS</u>	<u>BR-UP</u>	<u>DS</u>	<u>R</u>	<u>S</u>
	L	R R	R	L	R
	&1	& 2	&3	&	4

Notice the motion of your body as you do this step, and you'll see why it is called a **ROCKIN' CHAIR!**

Writing Good Cuesheets

When writing cue sheets, it is important to remember these four basic rules:

1. Write so anyone can read it, even the basic dancer.
2. Don't be so cryptic that dancers must depend on you to learn the dance.
3. Don't assume dancers know what the step is from the name.
4. Don't assume dancers know the count of the step.

Explanation of a Cuesheet

1. **Title** – Make it prominent so that people won't have to look all over the cue sheet for the name.
2. **Basic Information** – You may use the entire width and change the order of what you put here as long as you include the following:
 - **Artist** – Name of the performer on the recording.
 - **Music Information** – Where can you find the music
 - **Level of Dance** – Is it Beginner, Intermediate, Intermediate Plus, High Intermediate, Advanced, Challenge, etc.
 - **Type of Music** – Is it Country, Rock N Roll, Blues, Bluegrass, Pop, Bubblegum, etc.
 - **Speed** – Is it a moderate piece, fast, slow, etc? Make any other notation that you think will be helpful, such as play slower or play really fast, or even give "beats per minute."
 - **Choreographer** – Put your name and pertinent information here so that someone can contact you if they have questions about the routine. You should put your email and/or telephone number.
3. **Sequence** – Write down the sequence of the dance.
4. **Parts** – This is the breakdown of the sequence. It is advisable to put the total beat count for the "Part".
 - **Name of the Step.** – Additionally, under the name is how many beat counts are used to perform the step. For example, if it is 2 basics, then (4 beats) should be typed under the name 2 Basics.
 - **Description of the Step** – Step parts on the top line, the foot designation in the middle, and the beat count on the bottom.
 - **Repeat of Steps** – To finish off the "Part" by repeating steps, use the phrase "Repeat the above three steps to finish Part A (8 beats)", and then name the steps. Or you can simply say "Repeat the above three steps (8 beats)", or "Repeat the above 8 beats."
5. **Break** – A break is deemed as being a musical phrase of 8 beats or less.
6. **Bridge** – A musical phrase more than 8 beats that does not repeat itself anywhere else in the song.
7. **Repeat of Parts** – When the dance begins to have repeats, typing out the step descriptions again is not necessary. Simply type the name of the "Part" that is repeated, such as "Repeat A". It is very helpful if you still list the step names, that way your eye doesn't have to jump around looking for the next step to cue.
8. **Abbreviations** – To explain your step descriptions, particularly if you have made them up, a list of Standard Abbreviations should go somewhere at the end of your cue sheet.
9. **Page Numbers** – Including page numbers is helpful if your cue sheet covers more than one page.

Stepping Movements and Abbreviations

- **Ball (BA or Ba)** – Place weight on the ball of the foot. (Also see Toe)
- **Brush (BR or Br)** – The front tap is hit against the floor in a single striking motion.
- **Bounce (BO or Bo)** – Bounce on one or both feet. Usually associated with "buck steps".
- **Drag (DR or Dr)** – Movement is generally backward from a flat-footed stance
- **Double Toe Step (DS or DTS)** – This is often cued as "double step", "clog", or "run".
- **Double Toe (DT)** – The toe is struck on the floor twice in a quick up-back motion.
- **Flap (Fl)** – with the weight on the heel the toe is snapped down. Can also be written as **Hw T** or **H Sn**.
- **Heel/Heel Click (H or HL or Hck)** – weight is applied to the flat part of the heeltap. Weight may already be on the ball of the foot and the heel is snapped down.
- **Heel/Ball (HB)** – A touch of the heel, then a weight transfer to the ball of the foot.
- **Heel Edge (He)** – A step on the rear edge of the heel.

- **Hop (Hop)** – Hop with the weight on one foot.
- **Jump (Jp)** – A change of weight from one foot to the other, or to both feet, or from both feet.
- **Kick (K)** – One or both feet are kicked into the air.
- **Loop (Lp)** – Describes the out to the side and back motion of the leg.
- **Pause (P or p)** – A pause in the step work, usually for syncopation purposes.
- **Pull (Pull)** – The foot is drawn along the floor from crossed behind and forward, or from straight back and forward.
- **Pivot (Pvt)** – A change of body direction accomplished by twisting (turning) the weight bearing foot in a new direction without lifting it off the floor.
- **Rock (R)** – A step is made to the ball of the foot usually placed to the rear.
- **Skuff (SK or Sk)** – The heel is brushed forward and up. Also written Scuff.
- **Slide (SL or Sl)** – Movement is generally forward with a slightly raised heel and the leg progressing from a straight to a bent position as the heel is dropped to the floor.
- **Slur (Slr)** – The foot (usually the toe or toe tap) is dragged before stepping on it.
- **Stamp (STA or Sta)** – A heavy flatfooted touch.
- **Step (S)** – A transfer of weight to the flat of one foot.
- **Stomp (STO or Sto)** – A heavy step with a firm weight transfer to the flat of the foot.
- **Toe (T)** – Traditional use means to place weight on the toe (ball) of the foot. (Also see Ball)
- **Toe/Ball (TB)** – A touch of the tip of the toe, usually in back of the body plane, then stepping on the ball of the same foot.
- **Touch (Tch)** – Touching the ball of the foot to the floor and then up, usually to the front.
- **Tap** – Touch the point of the toe to the floor and then up, usually to the back.

Directional Movements and Abbreviations (Usually written in parentheses)

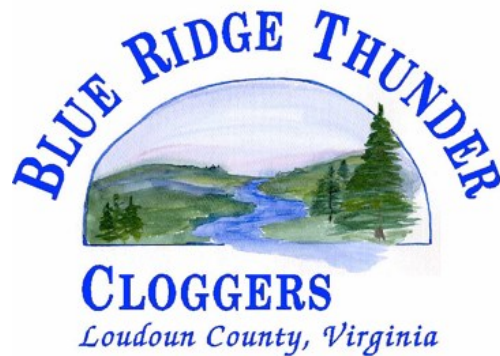
- **Across in Back (xib)** - Leg moves behind the weight bearing leg.
- **Across in Front (xif)** - Leg moves in front of the weight bearing leg.
- **Around (@)** - Foot makes a circle. Most often used to describe a “windmill” step.
- **Back (b)** - Leg is swinging back toward the rear of the body as a motion is done.
- **Cross (x)** - Leg moves across the weight bearing leg in either a crossing or uncrossing motion. (Also see Cross and Uncross)
- **Front (f)** - Directly in front of the normal “in place” position for that foot.
- **In (in)** - Toward the leg bearing the weight.
- **Out to Side (ots)** - The leg (and foot) is extended directly to the side.
- **Side (s)** - Usually a step to the side as in a vine movement, or in a side kick.
- **Turn (turn ¼, ½, or full)** - To indicate that the dancer is to face a new direction. It is followed by L or R to show which direction. For example “turn ½ L”.
- **Uncross (x or unx)** - Used following (xif) or (xib) to indicate the leg swinging back to its normal position.
- **Up (up)** - Lift leg (foot) by bending the knee up in front of the body.

Timing Designators (Written beneath the foot designator)

- **1-8** Numbers a down beat
- **& or +** Marks an upbeat eighth note. Cued as “and”.
- **e** Marks an upbeat sixteenth note. Cued as “e”.
- **a** Marks an upbeat sixteenth note. Cued as “ah”

Counted as “One e and ah, two e and ah” (1e&a, 2e&a)

One Final Note (If not sure of the correct abbreviation) “WHEN IN DOUBT, WRITE IT OUT.”



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 forty in number, including our Intermediate and beginner students. Our youngest dancer is ten years old. Our instructor, Mary Smith, is fond of saying that we will take new students up to the age of 101!

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. 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.

Just like other groups, BRTC was impacted in a variety of ways by the pandemic — we couldn't practice for three months, we didn't perform for 18 months and we lost our practice location of almost three decades. When we resumed classes after the mandated shut-down, we moved to the larger barn on the same property to allow for socially-distanced practices, but it did not have AC or heat. In early 2021, we received notice that the private property where we had practiced for more than two decades would no longer be available to us the next year. After a fervent search, we moved to a space that worked for us for two years.

This fall, we moved to the Lovettsville Game Protective Association Hall — a larger space that works better for percussive dancing (wooden floors). Lovettsville sits 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

Mary Smith

In early 2023, Mary Smith shared that she had been diagnosed with adrenal cancer. As she has sought and proceeded through treatments, she has had to take a step back from the physical demands of teaching and performing clogging. As of press time for this syllabus, Mary is scheduled for surgery at NIH on November 7, followed by a two-week hospital stay for recovery. Consequently, she



won't physically be with us for the Appalachian Stomp. Besides being BRTC's instructor for 25+ years, Mary has been an active member of the clogging community since the 1980's. She regularly attends and teaches at workshops across multiple states (TX, MO, MD, NJ, PA, VA). Her fingerprints and spirit are everywhere across this clogging community and this event. We ask for your prayers as she continues her recovery.

Pictured at right:

Charlessa, Jesse, Pam, Rosemary, Tabitha, Hannah, Sally, Jessica, Karen, Joyce



Pictured Below:

Back Row: Jessica, Becky, Rebecca, Andawen, Hannah H., Sherilyn, Sally

Middle Row: Mary, Chris, Patrick, Tiffany, Deborah, Joyce

Front Row: Karen, Bethany, Lincoln, Clara, Hannah B., Zoë, Pam

In Front: Justice, Calvin, Epps, Arthur, Elliot, Moses, Jesse, Louis



Not pictured: Kelli, Lauren, Laurie, Dawn, Amanda, Angie, Quinn, Holly, Lisa, Marleau, Chiana, Daniel, Erin, Natalie, Michelle, Judy, Michael, Marie

Hillsboro's Historic Old Stone School



Old Stone School circa 2016

If you take the time to observe details of the Old Stone School, you'll see a beloved building in the midst of being both preserved and updated to serve the current needs of its community. Like the majority of buildings in the Hillsboro community, this building is made of sandstone rock.

Originally named Locust Grove Academy when it was constructed in 1874, this building was one of the first public school buildings in Loudoun County. In 1911, the Locust Grove Academy became the first school in the county to provide a school bus (horse-drawn) for students in the surrounding area. The addition of the western portion of the building in 1917 allowed the community school to expand to the middle school grades. In 1929, the building was expanded again to create the auditorium. In the current cafe area (between the auditorium and the kitchen, you will find pictures of the building, students and the horse-drawn school bus from the Locust Grove Academy era.

Neighboring this historic building is a uniquely shaped round school building which was built in 1966 and opened as Hillsboro School. In 2015-2016, Loudoun County Public Schools ceased operation of the Hillsboro Elementary School. A group of local families proposed continuing to operate the school as a charter school — managed by a local board, but still under the umbrella of Loudoun County Public Schools. In Fall 2016, Hillsboro Charter Academy opened.

The opening of Hillsboro School precipitated the closure of Locust Grove Academy. This resulted in the original building being called the "Old School" as it was used as a community center. Since 1976, Hillsboro Community Association, a nonprofit organization, has been lobbying, fundraising and grant-writing in order to see the Old Stone School building preserved and maintained. They saw the Old Stone School added to the National Register of Historic places in 1979.

In 2007, Loudoun County officially handed over maintenance of the Old Stone School to Hillsboro Community Association. At the time, there was an estimated \$400,000 of work needed on the building, including a new roof and drainage system, stabilization of the exterior walls and foundation, a new HVAC system and other updates and modernizations. Shortly after that, a fire in the building and the partial collapse of an exterior wall forced some immediate repairs.

Today, the Hillsboro Old Stone School is owned and maintained by the Town of Hillsboro. In recent years, the Town has completed the expansive deck area around the building and the patio with fountain on the east side of the building. Additionally, the bathrooms in the west end of the building have been modernized, enlarged and made handicapped accessible. There are plans to expand and update the kitchen and the bathroom in the east side of the building.

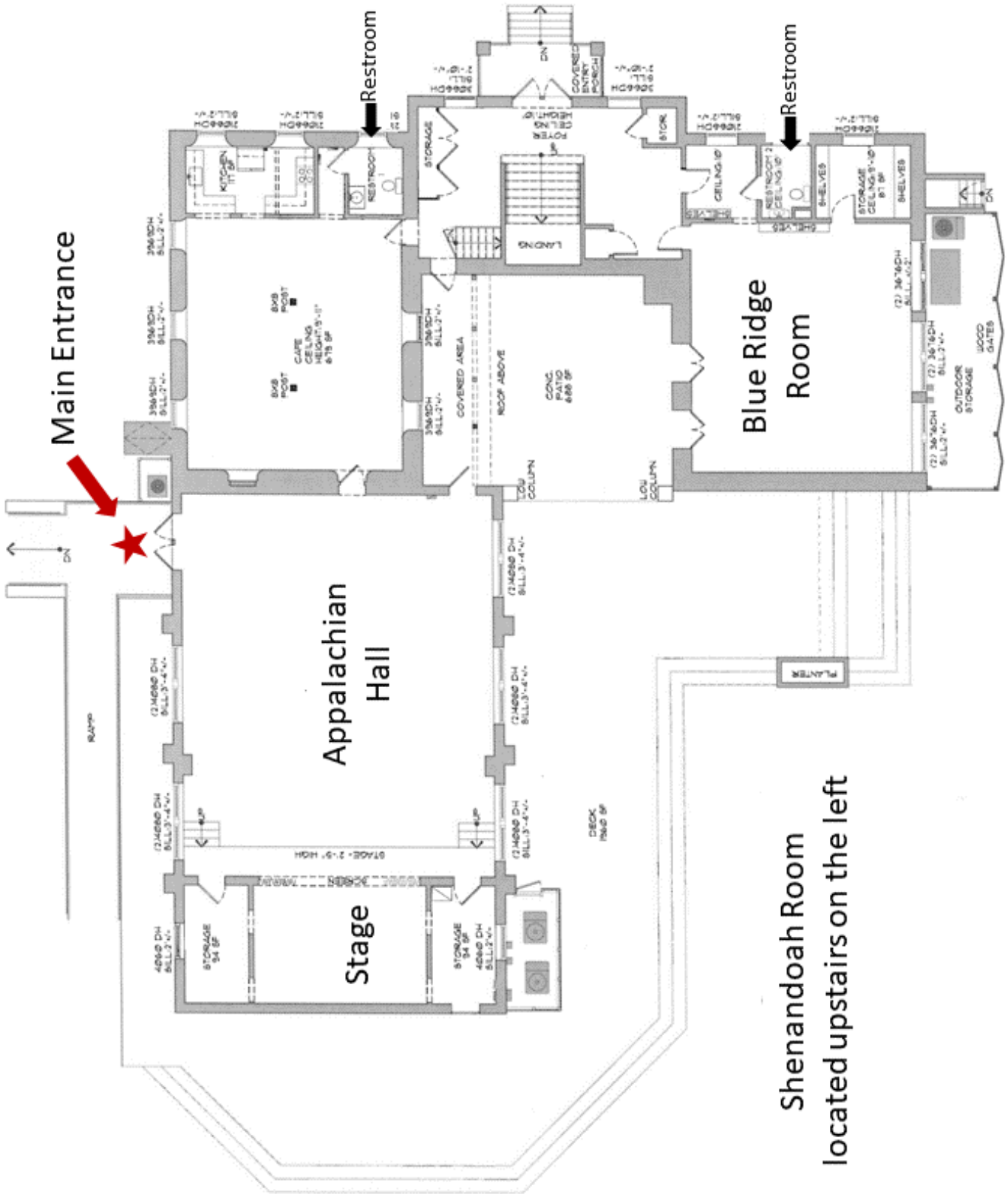
Currently the building houses the government offices of the town and is rented out for weddings, craft shows and other local events, such as BRTC's 25th Birthday Party and the Appalachian Stomp. The town uses the property to host community events like a weekly farmers market, summer music concerts and literary events. The town's annual Independence Day Celebration is a major event with arguably the best fireworks in Loudoun County.

Additional history of the Old Stone School and the Hillsboro community can be found in these resources. "Hillsboro School History." *Hillsboro Charter Academy, Loudoun County Public Schools, 2020*, <https://www.lcps.org/Page/47542>

"Hillsboro, Loudoun County, Virginia." *Wikipedia, Wikimedia Foundation, 27 September 2023*, https://en.m.wikipedia.org/wiki/Hillsboro,_Loudoun_County,_Virginia.

Nelson, Robert. "Hillsboro Government Takes Over Management of Old Stone School." *Washington Post, 2 January 2017*.

Wilson, Richard Guy, et al. "Hillsboro" *SAH Archipedia, Society of Architectural Historians, 2002*, <https://sah-archipedia.org/buildings/VA-01-NP8>.



Main Entrance

Appalachian Hall

Stage

Blue Ridge Room

Restroom

Restroom

Shenandoah Room located upstairs on the left

Schedule of Teaches

	Appalachian Hall	Blue Ridge Room (Easy -> Int.+)	Shenandoah Room (Seminars)
9-10	Easy Intermediate <i>Stars & Stripes</i> <i>My Home in Virginia</i> Morgan Hudson	Learn to Clog Beginners from Scratcxh Beginners 9-11 am	CLOSED
10-11	Intermediate <i>Memory Lane</i> by Old Dominion Morgan Hudson	Learn to Clog Beginners from Scratcxh Beginners 9-11 am Jayne Treadwell	CLOSED
11-12	High Intermediate <i>Busy City</i> by Rhonda Vincent Kathy Moore	<i>Battle of New Orleans</i> Janet Sileo <i>Jingle All the Way</i> Barb Elko	Seminar The Art of Cuing (Learn to cue effectively) Lynn Grassi
12-1	Lunch Break	<i>Grandama's Feather Bed</i> Thomas Sileo <i>Men in Black</i> Tiffany Hetherington	Lunch Break
1-2	Intermediate <i>Game of Love</i> by Wayne Fontana & Mindbenders Morgan Hudson	Intermediate <i>Welcome to Fist City</i> by Chapel Heart Pam Smiley	Learn to Choreograph Interactive – not a lecture (For novice choreographers) Joyce Guthrie
2-3	Intermediate <i>Set Me Free</i> Twice Morgan Hudson	Intermediate+ <i>Better When I'm Dancin'</i> by Meghan Trainor Joyce Guthrie	Seminar Writing Good Cue Sheets (Learn to document well) Pam Smiley
3-4	High Intermediate <i>I Do Thing</i> by Kylie Frey Jayne Treadwell	Intermediate+ <i>I Need You</i> by Jon Batiste Lynn Grassi	CLOSED
4-5	Intermediate <i>High Heels</i> by Flo Rida, Walker Hayes & Sam Feidt Morgan Hudson	CLOSED	CLOSED
5-6	DINNER BREAK		
6-7:30	FUN DANCE		

Honoring our veterans

Army — This We'll Defend

Air Force — Aim High...Fly-Fight-Win

Coast Guard — Semper Paratus — Always Ready

**Navy — No official motto. Some sources claim the unofficial motto Non sibi sed patriae
— Not self, but country.**

Marines — Semper Fidelis — Always Faithful

Space Force — Semper Supra — Always Above