

CLOGGING I Newsletter

Issue 1

Mailing List

You may subscribe and unsubscribe to this newsletter by going to

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Previous issues of the Clogging Newsletter, cuesheets, and videos of most of the current routines are available here:

<http://www.kptseniors.org/Clogging/>

Beginning Clogging Class (July 8, 2008)

The first class of the Third 2008 Session was held on July 8, 2008.

There were no completely new students at class today, so the fundamentals of clogging were only briefly explained, and the following steps were described and practiced:

Double-Toe Step (4)

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

SAY "Dou-ble-step, Dou-ble-step, Dou-ble-step, Dou-ble-step"

Basic (2)

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

SAY "Dou-ble-step, Rock, Step, Dou-ble-step, Rock, Step"

Triple Basic

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

Triple Stomp (STO = STOMP)

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

Fancy Double

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

Chain Rock (move left)

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

Chain Rock (move right)

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

4 COUNT VINE (xif=cross in front)

DS	DS(xif)	DS	RS
L	R	L	RL
&1	&2	&3	&4

TOUCH ACROSS

DS	T-H(xif)	DS	T-H(xif)
L	R	L	R
&1	&2	&3	&4

CLOGOVER VINE Or VINE 8

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

DS(ots)	DS(xif)	DS	RS
L	R	L	RL
&5	&6	&7	&8

TOE-HEEL BASIC

T	H	T	H	DS	RS
L	L	R	R	L	RS
&	1	&	2	&3	&4

Spend some time studying these step descriptions: the first line is the abbreviation for the step; the second line tells which foot to use; and the third line gives the music count. So "DS" means **Double-Toe Step**, and "RS" means **Rock Step**.

We will not worry too much about memorizing dance routines in this class – I will always post the step sequences at the front of the room. But you will have to remember the names of the different steps as we go along.

Everyone did extremely well today, and we proceeded fairly quickly through the steps at increasing tempos. Please let me know, however, if I am going too quickly through the basics.

There is a Yoga class that meets in Room 302 before the Beginning Clogging Class. They usually end their class around 11:45 AM. I will usually try to be in the hallway by 11:30, available to answer any questions or work on any problem steps. The building maintenance personnel do not want tap shoes worn in the hallway.

The next class (July 15) will review all the above steps and we will probably proceed with the “free-leg” steps (if no new students show up!).

Shoes

If you are just beginning to learn clogging, the best footwear consists of hard-soled (smooth) shoes. It will be difficult to perform many of the steps using rubber soles or athletic shoes. Once you have mastered the basic steps, you are welcome to wear tap shoes to class. I would not recommend purchasing tap shoes until you are sure you will continue with this dance form; you may wish to start by having conventional taps applied to the toes and heels of an old pair of shoes. Tap shoes will certainly help you to learn the clogging techniques since hearing the sounds will reinforce the actual foot movements.

On the Clogging Website (<http://kptseniors.org/Clogging/>) at the bottom under EDUCATION, you should review **Basic Clogging Steps**. If you are interested in footwear, read **Clogging Shoes and Taps**.

SEE YOU NEXT WEEK!

Intermediate Clogging Class

There will be no formal Intermediate Clogging class during the July-October session. The next session's class may start early in September -- STAY TUNED! There will be practice sessions on Wednesday, July 9, and Wednesday, July 16, at 11:30 AM to prepare for the Senior Fest events.

Important Dates:

July 14 Monday. Warrior's Path Park for the handicapped Fun Fest Picnic. Time 4:30 PM.

July 18 Funfest Clogging workshop. Time: 1-2 PM. Room 302.

August 16 Saturday. Health Fair in Johnson City (not confirmed)

Sept 19-21 Clogging jamboree at Fontana Village, NC. This is a workshop and will have classes for everyone from beginner to advanced. Further information at <http://fontanaworkshop.com/>

Angela's email: a-gprice@chartertn.net

Advanced Clogging Class

The Advanced Clogging Class is taught by Carolyn Jarrell. This class will also not meet during the July-October session, but Carolyn has left “summer homework” to learn *Uncle Pen*. The complete video for this routine is on the clogging files page.