

CLOGGING I Newsletter

Issue 2

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 15, 2008)

Today we started the class with a review of all the elementary steps that were learned last week. Then we proceeded with the “free-leg” steps:

TCH = touch, (if)=in front, (ots)=out to side.

Donkey

DS	TCH (if)	H	TCH(ots)	H	TCH(if)	H
L	R	L	R	L	R	L
&1	&	2	&	3	&	4

Outhouse

DS	TCH (ots)	H	TCH(if)	H	TCH(if)	H
L	R	L	R	L	R	L
&1	&	2	&	3	&	4

Brush Ups

DS	BR(up)	DS	BR(up)
L	R	R	L
&1	&2	&3	&4

Be sure to practice keeping time with the “grounded” foot by tapping the heel. In the step notations above, the **H** (heel) is explicitly noted. Usually, it is left out so you have to become used to automatically tapping this heel on the strong beats of the music. When these “free-leg” steps are put together with some of the previous basic steps, we can form new combination steps, such as:

Rocking Chair

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

Double Basic Brush

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

Cowboy (going forward and back)

DS	DS	DS	BR(up)
L	R	L	R
&1	&2	&3	&4

DS	RS	RS	RS
R	LR	LR	LR
&5	&6	&7	&8

Then we used all of these steps in two routines: **Highway 40 Blues** and **Little Bitty**.

For the newer students: in **Highway 40 Blues** there are several notations (claps, turns, etc.). Don't worry about these at present. The basic routine that you just keep repeating over and over is:

2 **ROCKING CHAIR**
2 **TRIPLE BASIC**
2 **ROCKING CHAIR**
2 **TRIPLE BASIC**

8-COUNT VINE
8-COUNT VINE
2 **BASIC**
2 **TRIPLE BASIC**

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.

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.

There is a clogging workshop this Friday, 1-2 PM, in room 302. You are all welcome to attend this session. There is a possibility that new students will be attracted to this workshop, so we may have new students joining the class next week. If so, I will have to fall back to teaching and practicing the elementary steps.

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 one more practice session on Wednesday, July 16, at 11:30 AM to prepare for the Senior Fest event.

Important Dates:

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.