

CLOGGING STEPS

Traditional	1 Letter	2 Letter	3 letter	Buck Dance	1 Letter	2 Letter	3 Letter
Brush	B	BR		Ball		BA	
Double Toe	D	DT		Bounce		BO	
Drag	G	DR		Break		BK	BRK
Heel	H	HL		Dig		DG	DIG
Rock	R	RK		Flange		FL	FLG
Slide	E	SL		Heel Step		HS	HLS
Step	S	ST		Skuff		SK	SKF
Toe	T	TO		Slip		SP	SLP
				Snap		SN	
				Toe Touch		TT	TCH

Supplemental

Bounce		BO	
Click	C	CK	CLK
Lift		LF	LFT
Hop	P	HP	HOP
Kick	K	KK	
Pivot		PV	PVT
Pull		PL	PUL
Replace		RP	RPL
Scoot		SC	
Shuffle	F	SH	
Slur		SR	SLR
Stamp			STA
Stomp			STO
Swivel		SW	SWL
Touch			TCH

Foot Designators (written under movement)

L - Left Foot R - Right Foot

Timing Designators (written beneath the foot)

e marks a 1/4 count designators
 & marks a 1/2 count (the upbeat)
 a marks a 3/4 count
 1 - 8 numbers a full count (the base beat)

Separation designators

- separates one basic movement from next
 * used to separate full beats of music
 / indicates that movements on each side of the "/" are done simultaneously

Directional designators

(written in small letters in parentheses following basic movements)

- aib around in back
- b back (leg is moving toward the rear)
- bs next to weight bearing foot
- f directly in front of the normal "in place" position for that foot
- ib in back
- if in front
- in toward the weight bearing leg
- ins inside [beside the instep of weight bearing foot normally use "bs"]
- o leg is swinging away from body
- o&b out and back (as a brush starting from the "xif" position)
- oba out, back & around makes a horizontal semi-circle from "f" to "b"
- ots out to side (foot is extended directly to the side) knee almost straight side (usually a step to the side)
- s step (usually a step to the side)
- up implies raising the foot by bending the knee up to the front of the body
- wt takes weight
- x uncross (following "xif" or "xib")
- xba across in back and around (foot makes a vertical circle behind body) Often cued as a "windmill"
- xib across in back
- xif across in front
- unx uncross

Examples

In preparing a cue sheet, the horizontal notation of cues is the most, widely used style with steps on one line, foot designators below, and timing designators below that.

DS	KICK	SL	DS	RS	SH/SH	SH/SH	RS	KICK	SL
L	R	L	R	LR	L & R	L & R	LR	L	R
&1	&	2	&3	&4	& 5	& 6	&7	&	8

Some Terms

- Step - put your weight down on that foot
- Rock - shift weight back onto other foot
- Shuffle - Swing limp foot downwards hitting once on the way down, once on the way up(toe-toe or heel-toe) ending with foot in air
- Chug - gliding forward on one foot lifting heel, ending with a firm heel "pop" as it lands.
- Slide - gliding backwards on one foot, dragging the ball of the foot
- Scuff - as foot swings forward the heel will contact the floor (making sound) and continue to swing.

Terminology

++TRADITIONAL CLOGGING TERMINOLOGY

All traditional clogging steps are made up of some combination of the following basic movements. The movements themselves fall into two groups -Toe Movements and Heel Movements. Each Toe Movement occurs on an upbeat of the music and is followed by a Heel Movement which occurs on the downbeat of the music. There are no silent or syncopated beats in Traditional Clogging. The rhythm of the dance is kept by the heel. Anytime the heel is sounded, the knee is flexed and then straightened on the following upbeat, resulting in the characteristic up and down motion of the dancer's body.

The word "click" is used in the descriptions below to indicate that a tap has contacted the floor. All clicks should have a sharp, clear sound, not scuffed or muffled.

****HEEL MOVEMENTS - These fall on the downbeat (or bass beat) of the music**

-HEEL

The weight of the body is already on the ball of the foot when the HEEL movement is done. Snap the heel down, producing a sharp click, and flex the knee downward, distributing the body weight along the entire length of the foot.

-STEP

Place the entire foot flat on the floor, producing a click with the toe tap and the heel tap at the same time and transferring the body weight along the full length of the foot while flexing the knee downward.

-SLIDE

A down and forward counterpart of the up and back motion of the DRAG (see TOE MOVEMENTS). With the foot flat on the floor and the knee straight, roll your weight up onto the ball of the foot, letting your knee begin to go slack. As the weight of your body begins to drop forward and down, let the instinctive tightening of your thigh muscles save you from a fall by sliding your foot forward (bout the length of your foot) and then letting your heel snap down, producing the click and redistributing your weight along the whole length of your foot. At the end of the SLIDE the knee will be in a flexed position. (Also can be done with both feet on the floor in the same manner.)

****TOE MOVEMENTS These fall on the upbeat of the music**

-TOE

The ball of the foot produces a click while the heel remains out of contact with the floor. TOE implies that the body weight has been transferred to the ball of the foot. The knee should be basically straight.

DOUBLE TOE Two clicks are produced in the space of on upbeat of music. The ball of the foot strikes the floor during the forward motion of a short kick and the knee straightens (ankle is relaxed and foot angles downward). The knee bends upward immediately and the same foot swings backward with the ball of the foot striking the floor again in the same spot. The heel should not touch the floor. The two motions of the foot are considered to be one movement with no hesitation between them. Normally, the clicks occur slightly in front of the body, but they may be done in other directions as well.

-ROCK

A click is produced by transferring the weight onto the ball of the foot slightly behind the body's center of gravity. The knee is in a flexed position at first, causing the body's weight to "rock" back slightly as the center of gravity changes. The opposite foot is always lifted off the floor during a ROCK. The heel of the foot doing the ROCK does not touch the floor, but the knee does straighten.

-BRUSH

The foot is allowed to swing from the knee with a pendulum action. The ball of the foot produces a click by striking the floor and continuing in the direction of the swing (which may be to the front, to the rear, or crossing in front or in back of the opposite leg). Movement comes from the hip and the knee joint, and the knee of the BRUSHING foot always bends upward following the click (at the same time as the following heel movement).

-DRAG

The foot is flat on the floor and the knee is flexed when the DRAG begins. With a springing motion which moves the weight of the body up and back, straighten the knee allowing momentum to lift your heel slightly off the floor and drag your foot back about half the length of the foot. The weight is distributed along the length of the foot at the end of the movement and there is no distinctive click. (This can also be done with both feet on the floor in the same manner)

NOTE: Much of what is considered to be "traditional" clog dance styling depends on the part of Appalachia the definitions come from, but the following points are frequently raised:

Smooth flowing motions with a constant DRAG-SLIDE incorporated into the footwork- no head bobbing, no arm waving, no jumpy or jerky body actions.

Feet no more than 6 to 8 inches off the floor- no one but the floor should see the bottom of your clog shoes. No silent or syncopated beats -toe movements are executed on upbeats and heel movements on downbeats.

++CONTEMPORARY CLOGGING TERMINOLOGY

Since clogging is a living folk dance, part of what the dance is will be defined by what folks are dancing at any given time. Accordingly, new movements and new ways of using traditional movements are constantly being developed. As well, liberties are being taken with the "rule" of toe movements on upbeats and heel movements on downbeats. At the same time, however, try to remain aware that there is a distinction between what is traditional and what is contemporary so that you can keep your students informed (as well as happy!).

With the above points in mind, the following are the Contemporary Clogging Movements you'll see around the clogging floor these days:

-HOP An extension of SLIDE used in describing any upward motion that causes both feet to lose contact with the floor. The hop occurs with the upward motion taking place on the upbeat of the music and the click produced on the bass beat when the foot comes back into contact with the floor. The knee is flexed downward as you land. Landing after the hop may take place on the same foot that did the push off into the air, or the HOP may be used to change the weight to the opposite foot depending on the demands of the step being done. A foot designator L or R beneath the word HOP on a cuesheet would indicate the foot change.

-SLUR Feet will be slightly apart when a SLUR begins. On the upbeat, draw the toe tap along the floor (giving a slurred tap sound) toward the weight-bearing foot (usually ending across in back). Drop the heel to the floor producing a click on the bass beat. Originally SLUR was separated from the following beat, but today most choreographers assume that you will automatically include the heel sound when using the term SLUR.

-CLICK Describes a motion where the sides of your clogging shoes are touches together. As with slur, most choreographers assume that you will click your heels together on an upbeat and then sound a heel tap on the following bass beat. Several varieties of CLICK exist today and are further defined by the styling terms provided with the step.

-KICK A variation of the BRUSH that simply omits the sound of the toe tap by eliminating any contact with the floor. Leg motion and action is the same as the BRUSH.

-STOMP A strongly accented flatfoot step taking the full weight of the foot.

-TOUCH A term used to imply the same sound and motion as that of a TOE, but the foot ins immediately picked up again without transferring the body weight to that foot.

-STAMP A flatfooted TOUCH

-BREAK The entire side of the foot has been turned sideways and away from the other foot to become flush with the floor. Weight is borne by the other foot.

-PIVOT Describes a motion on the ball of the foot in a given direction. Usually occurs on the upbeat and does not necessarily include dropping the heel on the following bass beat. Therefore, the next intended movement should be written out as well.

-PULL Indicated that the dancer will "scrape" the tip of the clogging shoe along the floor usually toward the other foot. Can be done from the rear, from across in back, from across in front, etc.

-FLAP The weight lands on the heel followed by the ball of the foot hitting the floor (flap).

-LOOP Indicates that the dancer will "loop" the foot out to the side before (usually) placing it in back of the other foot.

-CHUG A combination of Up and Slide. Chug is used as a synonym for the upward movement of the knee, e.g. after a Brush or Kick. In its easy variant it is also danced with a Heel rather than a Slide. For some steps it is also quite common to put a Drag in front of it on the &.

BASIC STEPS (Movements)

BRUSH

BR
L
R
&

ROCK

R
L
R
&

DOUBLE TOE

DT
L
R
&

ROCK STEP

RS
LR
RL
&1

DOUBLE STEP

DS
L
R
&1

SLIDE

SL
LR
&

DRAG

DR
LR
&

STEP

S
L
R
&

HEEL

H
L
R
&

STOMP

STO
L
R
&

KICK

KK
L
R
&

TOE

T
L
R
&

STEP COMBINATIONS

4 COUNT VINE

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

BACKWINDER

DS	DT(xif)/H	DT(b)/H	T(ib)/H
L	R L	R L	R L
&1	& 2	& 3	& 4

BANJO

DS	DR/K	R(xif)	S	SL/K	RS	SCOOTS	SCOOTS	DS	RS
L	L R	R	L	L R	RL	L R	R L	R	LR
&1	&	2	&	3	&4	& 5	& 6	&7	&8

BASIC

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

BOUNCE OUT

BO	BO	BO(heels out)	BO(heels in)	BO(heels out)	BO(heels in)	Chug
LR	LR	LR	LR	LR	LR	L
1	&	2	&	3	&	4

BRUSH UP

DS	BR	Up/H
L	R	R L
&1	&	2

BRUSH TRIPLE

DS	BR(up)/H	BR(b)/H	R	H/S	S	DS	DS	RS
L	R L	R L	R	L R	R	L R	R	LR
&1	&	2	&	3	&	4 &	5	&6 &7 &8

BUCK BASIC (PITTER-PATTER)

DS	H-BA	H-BA	DS	H-BA	H-BA
L	R R	L L	R	L L	R R
&a1	e &	a 2	&a3	e &	a 4

BUTTERFLY

DS	T(ib)	H	DBL	H	T(ib)	H
L	R	L	R	L	R	L
&1	&	2	&	3	&	4

BUTTERMILK CHUG

DS	(P)	HOP (xif)	DS	K	UP
L		R	L	R	R
&1	&	2	&3	&	4

BUTTERMILK CHURN

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

CANADIAN BASIC

DS	DBL	HOP	TCH	DS	DBL	HOP	TCH
L	R	L	R	R	L	R	L
&1	e&	a	2	&3	e&	a	4

CHA CHA

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

CHAIN HOP

DS	RS	RS	HOP (1/4 Turn)
L	RL	RL	R
&1	&2	&3	4

CHAIN ROCK

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

CHARLESTON

DS	TCH(if)	H	T (ib)	H	RS
L	R	L	R	R	LR
&1	&	2	&	3	&4

CHARLESTON KICK

DS	K	H	T (ib)	H	RS
L	R	L	R	R	LR
&1	&	2	&	3	&4

CHUG A LUG

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

CHUGS

DS	K(up)(turning ½)	S	K(up)
L	R	R	L
&1	&2	3	&4

CHUG STOMP

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

CHUTTERBUG

DS	HOP(up)/H	RS	HOP(up)/H
L	R	L	RL
&1	&	2	&3
			&
			4

CLOGOVER VINE Or VINE 8

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

COWBOY

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

CRACKERJACK

DS	DR	S(ib)	CHUG	CHUG	DS	K(xif)	LOOP(turn ½)	SK(UP)
L	L	R	L	L	L	R	R	R
&1	&	2	&3	&4	&5	&6	&7	&8

CRAZY KICK

DS	K	BO	K	BO	K	S/UP
L	R	LR	L	LR	R	R L
&1	&	2	&	3	&	4

CROSS KICKS (2)

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

DBL-DBL

DS	DBL/DBL	BA	BA	BA	SL/UP
L	R R	R	L	R	R L
&1	& 2	&	3	&	4

DONKEY

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

DONK-A-CHUG

DS	TCH(xif)/H	TCH(ots)/H	TCH(xif)/H	DT((b)/H	RS	DS	K(up)
L	R L	R L	R L	R L	RL	R	L
&1	& 2	& 3	& 4	& 5	&6	&7	&8

DONKEY STEPBACK

DS	TCH (xif)/H	TCH (ots)/H	RS
L	R L	R L	RL
&1	& 2	& 3	&4

DONKEY CHUG

DS	TCH (xif)/H	TCH (ots)/H	TCH (xif)/H	DT	H	RS	DS	K	UP
L	R L	R L	R L	&	5	&6	&7	&	8
&1	& 2	& 3	& 4	R	L	RL	R	L	L

DOUBLE BASIC BRUSH (LITTLE BITTY)

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

DOUBLE LICK CHUG

(P)	STO	DT	UP/H	DS	BR	UP/H
	L	R	R L	R	L	L /R
&	1	&	2	&3	&	4

DOUBLE ROCK KICK

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

DOUBLE STEP CHUG

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

DOUBLE TOE STEP VINE 4

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

DOUBLE TOUCH STEP

DS	T(if)/H		DT(b)	LOOP/S		T(if)/H		T(if)/H		DT(b)	LOOP/S	
L	R	L	R	R	R	L	R	L	R	L	L	L
&1	&	2	&3	&	4	&	5	&	6	&7	&	8

DOUBLE TWIST

DT	TW	TW	TW	DT	TW	TW	TW
L	RL(/)	RL(\)	RL(/)	R	RL(\)	RL(/)	RL(\)
&	1	&	2	&	3	&	4

DRAG N RUN

DS	K	S(xif)	R	S(ib)	R	S(if)	R	S(ib)	R	S(if)	DS	K	S(xif)
L	R	R	L	R	L	R	L	R	L	R	L	R	R
&1	&	2	&	3	&	4	&	5	&	6	&7	&	8

FANCY DOUBLE

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

FLEA FLICKER or DOUBLE SHUFFLE

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

FLEA FLICK ROCK

DT(up)	DS	RS	RS
L	L	RL	RL
&1	&2	&3	&4

FONTANA or BRUSH UP

DS	BR(up)
L	R
&1	&2

FOOTBALL PUMP

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

HAPPY CRICKET (moving left)

DS	HOP(ib)/S		RS	HOP(ib)/S		RS	RS	K(up)	K(up)
L	R	L	RL	R	L	RL	RL	R	R
&1	&	2	&3	&	4	&5	&6	&7	&8

HAY WHEELER

DS	DT(xif)	H	DT(ots)	H	BR(aib)	H	BR	UP/H	DS	RS	K	UP
L	R	L	R	L	R	L	R	R / L	R	LR	L	L
&1	&	2	&	3	&	4	&	5	&6	&7	&	8

HARD STEP

DBL(b)	H	BR(UP)	DS	RS
L	R	L	L	RL
&	1	&2	&3	&4

HEEL PULL

H/PULL	S	DS	RS
L R	R	L	RL
& 1	2	&3	&4

HEEL STEP CHUG

DBL	H	DBL	H	T	S	K(up)
L	R	L	R	L	L	R
&	1	&	2	&	3	&4

HOP SCOTCH

DS	DS(xif)	DT	BA	SL	S	H	S	S(turn ½ R)	Shake
L	R	L	L	L	L	R	R	L	RL
&1	&2	&	3	&	4	&	5	&	7&8

JAZZ BOX

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

JOEY

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

KARATE

DS	KK (turn *** L)	H	DS	KK	Up/H	*(¼ or ½ or ¾ or full)
L	R	L	R	L	L R	
&1	&	2	&3	&	4	

KENTUCKY DRAGS

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

KICKET

DS	K(to side of other foot)	S(next to standing foot heel)
L	R	R
&1	&	2

LIKITY SPLIT

DT	B	H	B	B	H	B	B	Chug
L	L	R	R	L	R	R	L	R
&	1	&	a	2	&	a	3	&4

LITTLE RED

DS	RS	DR	S(xif)	RS(xif)	DR	S(xif)	RS(xif)	DS	RS (moving forward)
L	RL	L	R	LR	R	L	RL	R	LR
&1	&2	&	3	&4	&	5	&6	&7	&8

MAGGIE BREAK

DS	DS(xif)/BREAK	S/HH	UP	DS	DS(xif)/BREAK	S/HH	UP	
L	R	L	L,RR	R	L	R	R LL	L
&1	&2		3&	4	&5	&6	7&	8

MJ TURN

DS	DS(xib)	R	H(turn ¼ L)	S	RS	DS	DS	RS
L	R	L	R	L	RL	R	L	RL
&1	&2	&	3	4	&5	&6	&7	&8

MOUNTAIN BASIC

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

MOUNTAIN GOAT

DS	R(xif)	S(ib)	R(ots)	S(xif)	S(ib)	K/SL
L	R	L	R	L	R	L/R
&1	&	2	&	3	&	4

OUTHOUSE

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

OVER THE LOG

BALL	BALL	(clap)	(clap)	BALL	BALL	(clap)	(clap)
L	R	(P)	(P)	L	R	(P)	(P)
&	1	&	2	&	3	&	4

PETTICOAT PUMP

D(bk)	Br(up)	T(xif)	H	T(xif)	H	T(ux)	H	T(xif)	H	DS	RS
L	L	L	R	L	R	L	R	L	R	L	RL
&1	&2	&	3	&	4	&	5	&	6	&7	&8

POTHOLES

DBL	S(os)	TOG	SL/UP	DBL	S(os)	TOG	SL/UP
L	L	R	L /R	R	R	L	R /L
&	1	&	2	&	3	&	4

REAL MCCOY

DS	DS	H	BA	BA(xif)	BA	SL	S	RS	DS	RS
L	R	L	L	R	L	L	R	LR	L	RL
&1	&2	&	3	&	4	&	5	&6	&7	&8

ROCKING CHAIR

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

ROCK N HEEL

DS	DS(xib)	R	H-FLAPS	BA	H	BA	H-FLAP	BA	BA	SL/UP	
L	R	L	R R	L	R	L	R R	L	R	L R	
&1	&2	&	3 &	4	&	5	&	6 &	7	&	8

ROCKY DOUBLE BACK

DT(up)	DT(up)	DR/S	S(if)	S
L	L	R L	R	L
&1	&2	& 3	&	4

ROOSTER RUN & CHAIN ROCK

DS	DT	S/KK	S(ots)	S(xib)	S(ots)	S(xif)	DS	RS	RS	RS
L	R	R L	L	R	L	R	L	RL	RL	RL
&1	&	2	&	3	&	4	&5	&6	&7	&8

R/S STEP

DS	LOOP(ib)	DS	RS	T(ots)	T(ib)	DS	RS
L	R	L	RL	R	R	R	LR
&1	2	&3	&4	&5	&6	&7	&8

RT TURN

DS	DT	BK/H (turn ½ L)	T(ib)	H	BR	UP/H	T (xif)	H	T(ots)	H	DS	RS
L	R	R /L	R	L	R	R /L	R	L	R	L	R	LR
&1	&	2	&	3	&	4	&	5	&	6	&7	&8

SAMANTHA

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

SCISSOR STEP

DS	DS	K(ots)/(Heel in)	BA(ib)/(Heel out)	K(ots)/(Heel in)	BA(ib)/(Heel out)
L	R	L	R	L	R
&1	&2	&	3	&	4

SCISSORS

DT	S(os)	BO((rxif)	BO(os)	BO(lxif)	BO(os)	BO(rxif)	UP/SL
L	L	LR	LR	LR	LR	LR	L /R
&	1	&	2	&	3	&	4

SCOOP

DT	Up around	DT	Up around
L	L	L	L
&	1&2	&	3&4

SCOOTS (both feet on floor)

DR/SL	DR/SL	DR/SL	DR/SL
LR	LR	LR	LR
& 1	& 2	& 3	& 4

SCOOTS (forward progression)

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

SHAVE & A HAIRCUT

(P)	STO	DS(xif)	S(b)	(P)	S(ots)	S(xif)
	L	R	L		R	L
&	1	&2	&	3	&	4

SHOO FLY

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

SHUFFLE BOUNCE CHUG

DS	DS	DS	DS(xib)/S	BO(heels out)	H	Chug	DS	RS
L	R	L	R	L	LR	R	R	LR
&1	&2	&3	&4	5	&	6	&7	&8

SIDE SHUFFLE

DS	DT(up)	DT(b)	DT(up)
LR	R L	R L	R L
&1	& 2	& 3	& 4

SLAPBACKS

DT	SL-DR	S (ib)	DT	SL-DR	S (ib)	DT	SL-DR	S (ib)	DS	RS
L	R R	L	R	L L	R	L	R R	L	R	LR
&	1 &	2	&	3 &	4	&	5 &	6	&7	&8

SLUR SKUFF

DS	SLUR	S(xib)	DS	SKF	Up/H
L	R	R	L	R	R L
&1	&	2	&3	&	4

STEP-BACKS

DT	H	S (ib)	DT	H	S (ib)	DT	H	S (ib)	DS	RS
L	R	L	R	L	R	L	R	L	R	LR
&	1	2	&	3	4	&	5	6	&7	&8

STOMP DOUBLE OR STOMP TRIPLE

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

TOE-HEEL (2)

T	H	T	H
L	L	R	R
&	1	&	2

TOE-HEEL BASIC

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

TORNADO TURN

DS	DS(xif)	DS(ots)	DS(xib)(turn 360 right)	DS(ots)	DS(xif)	DS	RS
L	R	L	R	L	R	L	RL
&1	&2	&3	&4	&5	&6	&7	&8

TOUCH ACROSS

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

TOUCH BACK

DS	BA(ib)	H	BA(ib)	H	BA(ib)	H
L	R	R	L	L	R	R
&1	&	2	&	3	&	4

TRIPLE BASIC

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

TRIPLE STOMP

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

TURKEY

H(f&w)	Flap(toe)	S(xib)	DS	RS
L	L	R	L	RL
1	&	2	&3	&4

TWISTER

DS	K	UP(heel in, turn L ¼)	(P)	S	RS
L	R	R	L	R	LR
&1	&	2	&	3	&4

VINE CHUG

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

WHIPLASH

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

WIND-A-ROUND

DS	DT(xif)	H	DT(tb)	H	HOP(turn ½ R)	S
L	R	L	R	L	L	R
&1	&	2	&	3	&	4

WINDMILL

DS	DT(xif)	H	DT(ots)	H	BR(aib)	H	BR(aib)	H	BR	UP/H	DS	RS
L	R	L	R	L	R	L	R	L	R	R / L	R	LR
&1	&	2	&	3	&	4	&	5	&	6	&7	&8

WINDSTER

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

WINDSTER (#1)

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

WINDUP

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

WINDUP CHUG

DS	DT(xif)	H	DT(ots)	H	BR(up)
L	R	L	R	L	R
&1	&	2	&	3	& 4