

TRADITIONAL BASIC CLOGGING MOVEMENTS

I. HEEL MOVEMENTS (Normally done on the downbeat)

- HEEL** The weight of the body is already on the ball of the foot when the HEEL movement is done. The heel is snapped down, producing a sharp sound and the knee is flexed downward (bent), distributing the body weight along the entire length of the foot.
- STEP** The entire foot is placed flat on the floor, producing a sound with the toe and heel taps at the same time and transferring the body weight along the length of the foot while bending the knee. The other foot leaves the floor at the same time.
- SLIDE** A down-and-forward counterpart of the up-and-back motion of the DRAG. With the foot flat on the floor and the knees straight, the weight is rolled up onto the ball of the foot, letting the knee begin to go slack. As the weight of the body begins to drop forward, the instinctive tightening of the leg muscles prevents a fall by sliding the foot forward (about half the length of the foot); the heel is then snapped down, producing the sound and redistributing the weight along the whole length of the foot. At the end of the SLIDE the knees will be bent (the free knee will be bent up in front). A SLIDE can also be done with both feet on the floor in the same manner.

II. TOE MOVEMENTS (Normally done on the upbeat)

- DOUBLE TOE** Two sounds are produced on the upbeat of music by the toe only. The toe tap of the foot strikes the floor during the forward motion of a short kick and the knee straightens; immediately the same foot snaps back and the toe of the foot strikes the floor again to make the second sound. The heel should not touch the floor. The forward and back motions are considered to be one movement with no hesitation between them. Normally the strikes occur slightly in front of the body, but they may be done toward the back, to the side or across in front.
- TOE** The ball of the foot produces a sound while the heel remains out of contact with the floor. All the body weight is transferred to the toe or ball of the foot and the other foot leaves the floor. Knees are straightened at the same time.
- 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 the heel slightly off the floor and "drag" the foot backwards about half the length of the foot. The heel never entirely loses contact with the floor and weight is distributed along the length of the foot at the end of the movement. There is no distinct sound. It can also be done with both feet on the floor.
- ROCK** As in the TOE, all the body weight is transferred onto the ball of the foot as the other foot leaves the floor. Both knees straighten on the ROCK to "lift" the body up. A ROCK implies that the body weight will transfer back off that toe onto the other foot on the next movement.
- BRUSH** The foot swings from the knee with a pendulum motion as the toe of the foot strikes the floor and produces a sound, then continues in the same direction of the swing (which is usually to the front but may be to the back, side, or across in front). The knees will be straight after doing the BRUSH. Usually the next movement is a SLIDE which will cause the Brushing leg to then bend up, with the sole of the foot parallel to the floor.

MOST COMMON BASIC SETS (Practice and know these. Each takes 1 beat of music.)

DoubleToe – Step ["Run"]

Drag – Slide ["Shuffle" on 2 feet, "Chug" on 1]

Toe – Heel

Rock – Step

Brush – Slide