

# 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.

# CONTEMPORARY BASIC CLOGGING MOVEMENTS

## HEEL MOVEMENTS\* (Abbreviation for movement is in parentheses following the name.)

- STOMP** (Sto) A strongly accented flat footed Step. The term is used to describe the basic movement "Step" performed heavier and louder.
- HOP** (Hop) An upward motion that causes both feet to lose contact with the floor. The sound is produced when the foot comes back into contact with the floor. Landing should be on the same foot that did the lift off. There is almost always a half beat pause before the Hop, which is used for the upward motion ("lift off").
- JUMP** (Jp) Starts with the weight on one foot or both feet; the body moves up so that the foot leaves the floor, and then lands on either both feet (most common) or the opposite foot that did the lift off. As in a Hop, there is often a half beat pause (on the upbeat) before the sound (landing on the floor), which allows for the take off.

## TOE MOVEMENTS\*

- TOUCH** (Tch) The toe of the foot (unless otherwise specified) produces a sound by coming into contact with the floor, but then it is immediately picked up without transferring any weight to that foot. A Touch is almost always followed by a Slide.
- HEEL TOUCH** (HTch) A sound is produced by the heel only, and then the foot is immediately picked back up without transferring any weight to that foot. This is the same as a Touch with the toe, but it's done with the heel.
- SKUFF (Sk) /  
HEEL BRUSH** (HBr) The same motion as a regular Brush, but done with the heel. Flex the foot slightly so that the heel easily hits the floor during the movement. (This movement can be called by either name.)
- STAMP** (Sta) A strongly accented, flat-footed Touch. The toe and heel of the foot hit the floor at the same time, and then are immediately picked back up without transferring any weight to that foot. It's often followed by a Slide or a Stomp.
- SLUR** (Slur) A drawing of the toe, heel, or foot along the floor. No weight is transferred on a Slur, but it is often followed by a Step. The motion is usually from out to towards the body, from out to behind, or from behind to forward.
- CLICK** (Clk) Describes a motion where any part of the shoes are touched together. It usually refers to the heels clicking together.
- FLAP** (Flp) Two sounds are produced by the heel hitting the floor and then the toe immediately following in the space of one half beat (usually all on the upbeat). The sound and rhythm are the same as a DoubleToe. The foot remains off the floor after the Flap (no weight transfer).

## UNDESIGNATED

- SWIVEL** (Swl) With the weight on either the toe or the heel, the foot swivels or pivots slightly on that toe or heel.
- HEEL WALK** (Hw) Indicates weight is taken onto the heel, like a Rock on the heel instead of toe.
- PIVOT**(Pvt) Used to indicate a turn while the weight remains on either the toe or heel.
- SCOOT** (Sct) Basically the same as a Slide, but usually indicates that more than one will be done in a row.

**\*NOTE:** In advanced clogging the heel movement may not necessarily be on the downbeat and the toe movement may not be on the upbeat. The rules are often broken.

# SUPPLEMENTAL CLOGGING TERMS

*Following are some terms that are used for describing a full beat of two movements (one upbeat and one downbeat).*

- SHUFFLE** The combination of Drag and Slide together. Drag is always done first (on the upbeat). It can be done on one foot or both feet.
- CHUG** Also used to mean Drag-Slide, but it usually refers to a Shuffle on just one foot.
- PUSH-OFF** The sideways movement of Touch-Swivel. On the Touch, the free toe touches beside the foot bearing weight as the other toe swings out (pivoting on the heel). On the downbeat, both heels swing out (pivoting on the toes), sounding the heel of the foot originally on the floor but leaving the other heel off the floor. The other toe may also leave the floor on the upbeat. There is no weight change.
- WINDMILL** This is a variation of a Brush-Slide. The toe of the free foot brushes behind the other foot and continues in a circular motion (upward). At the top of the circle (free foot is still behind the body), the heel of the other foot sounds on the floor. Usually a full Slide is not done because the momentum of the brushing foot hinders it. After the heel click, the foot doing the Brush continues on down to finish the circle.
- KICK** The free leg extends forward and up. The knee may bend or stay straight on the downbeat. It can be done low or high. It can also be done forward, back, out to the side or across in front. The heel of the other foot may or may not sound on the downbeat. This is often used to mean the same as Chug.
- SCISSORS KICK** A Jump while the free foot kicks first immediately followed by the other foot. Both legs will pass each other while the second leg kicks out. Weight will land on the foot that did the first kick (will change weight).
- BELL KICK** The body jumps up and the legs swing out to one side as the heels are clicked together. Land back on the floor on the same foot that did the lift off (no change of weight).
- SLAP** Used to mean DT-Slide; often done towards the back.
- KICKIT** With the weight on one foot, the other swings toward it, clicks it (heels together), then replaces it on the floor (a Click-Step).

## ADDITIONAL TERMS

- SYNCOATED** Refers to a step where the accent falls on the upbeat or offbeat of the music, as opposed to the downbeat—the way most clogging steps are.
- BREAK** With weight on one foot, the other foot remains on the floor, but is “bending” onto its side. Often, more than one break are done together, shifting weight from one foot to the other, and at the same time “bending” the free foot.
- FLANGE** Similar to a Break in that this refers to the position of the free foot. With the weight on one foot, the other toe tip remains on the floor, but the heel of the foot is dropped out to the side.