

# CLOGGING STEP PRACTICE LIST #1

DESCRIPTION	NAME & COMMENTS
1. Drag-Slide both both & 1	<b>Shuffle</b> on both feet. Keep toes on floor; don't jump or hop. Knees <b>straighten</b> on Drag and <b>bend</b> on Slide.
2. Drag-Slide L L & 1	<b>Shuffle</b> on one foot. On the Drag the free leg (right leg, in this example) kicks straight forward. On the Slide the free leg bends up.
3. (kick)-Step — (kick)-Step & 1 & 2 L L R R	Step flatfooted on each downbeat and straighten knees in between (on the upbeat). The free foot gently kicks forward and through between each step (with no sound) as the knees straighten.
4. (kick)-Step — Rock-Step & 1 & 2 L L R L	Step down (bending knees) on each Step, and straighten on the Rock, pushing up onto the toe (ball) of that foot. Then drop (Step) onto the first foot again. Straighten knees as the free leg gently kicks through before repeating the step.
5. (kick)-Step — Rock-Step — Rock-Step — Rock-Step & 1 & 2 & 3 & 4 L L R L R L R L	Use knees as in steps above (bend on each Step, straighten on each Rock).
6. Dt-Step & 1 L L	<b>Run:</b> Keep heel off the floor on the Doubletoe (Dt). Kick the toe onto the floor to make the Dt, then step flatfooted onto the same foot, bending the knees.
7. Dt-Step — Rock-Step & 1 & 2 L L R L	<b>Basic:</b> Keep an even rhythm. Get the rhythm right first by doing step #4, then add the Doubletoe when it's comfortable.
8. Dt-Step — Rock-Step — Rock-Step — Rock-Step & 1 & 2 & 3 & 4 L L R L R L R L	<b>4 Count Rock Step:</b> Same as step #5 but with the Doubletoe added.
9. Toe-Heel & 1 L L	Putting entire weight onto toe (or ball of foot), push up onto that toe, then drop down onto the heel of the same foot, bending the knees. The other foot remains off the floor, until the step is repeated.

**Variations:**

- Side Rocks.....#5 or #8 moving sideways
- Rock Forward.....#5 or #8 moving forward
- Rock Back .....#5 or #8 moving back

**Abbreviations Used:**

- Dt = Double Toe
- L = Left foot
- R = Right foot

Under each basic movement is noted the foot to use and the count where the movement falls. The “&” is the upbeat of music and the number is the downbeat (accent). Most steps alternate feet so the second time it is done, footwork will be opposite. Practice each step over and over slowly, gradually speeding up, and keeping an even rhythm. Then also practice changing from one step to others.