

BASIC CLOGGING TERMINOLOGY

All 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. 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. This is the beginning of the traditional drag/slide motion.

HEEL MOVEMENTS

These fall on the downbeat (or bass beat) of the music (usually on the whole beat ie. 1)

HEEL CLICK

The weight of the body is already on the ball of the foot when the HEEL movement is done. Quickly lift and 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.

TOE MOVEMENTS

These generally fall on the upbeat of the music (usually on the half beat &)

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.

DOUBLE TOE

Two clicks are produced in the space of one 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. Should have a rise and fall motion.

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). Think of pedalling a bicycle backwards.

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)

SLIDE

Opposite of the DRAG, foot is flat on the floor, knee is straight when SLIDE begins. Push the foot forward and bend the knee, just sliding along the floor. Drag/Slide is sometimes done as a replacement for a Heel Click.

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.

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 is immediately picked up again without transferring the body weight to that foot.

STAMP

A flatfooted TOUCH (both the heel and the toe touch the ground)

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.

Abbreviation Key for Steps

Step	Directional Movement
BA=Ball (jog)	b=back
BR=Brush	f=front
BRK=Break	o=out
CLK=Click	s= side
DR=Drag	x=uncross (usually follows xif or xib)
DS=Double Toe Step	bs=beside
DT=Double Toe	ib=in back
DTS =Double Toe Step	if=in front
H=Heel	in=toward the weight bearing leg
HOP=Hop	up= raising of the foot
K=Kick	xib=across in back
PUL=Pull	xif=across in front
PVT=Pivot	out=away from the weight bearing leg
R =Rock	ins=inside (beside the instep of the weight bearing foot)
S=Step	ots=out to the side
SL=Slide	o&b=out and back (as a brush starting from an xif position)
SLR=Slur	oba=out, back and around (foot makes a horizontal semi-circle from front to back)
STA=Stamp	xba=across, back and around (foot makes a vertical circle behind the body)
STO=Stomp	
T=Toe	
TCH=Touch	
Timing	
e marks a 1/4 count	
& marks an upbeat (1/2 count)	
a marks a 3/4 count	
1 - 8 numbers a bass beat (full count)	

Basic Step Components and Their Abbreviations

- most steps you encounter will be made of these components

Step (S)	Place weight on the whole foot bending the knee slightly once you've put weight on it and lift the other foot
Rock (R)	A Step (above) but without any weight on the heel. Place weight on the ball of your foot, typically beside the arch of the other foot, but could be in back, to the side and in behind or in front depending on the step.
Drag (DR)	Slight backward motion with flat foot
Slide (SL)	Slight forward motion with flat foot
Heel Click (HCLK)	Marks the down beat of the music, using the weight bearing foot, rise up on the ball of the foot and then snap or "click" the heel back down in place.
Touch (TCH)	Touching with the ball of the foot to ground and lifting it up again, usually followed by a heel click of the weight bearing foot to mark the beat of the music.
Toe Touch (TTCH)	Touching with the tip of the toe to the ground also known as
Heel Touch (HTCH)	Touching with the back edge of the heel
Kick (K)	Swing your leg out straight (toes pointed) to the front , side or back
Brush (BR)	Swing your leg out in front but scrap your foot on the floor on the way, lift the knee up
Stamp (STA)	A touch but the whole foot gets put down flat and then lifted up again
Stomp (STO)	A step but with heavy emphasis on the Step, make lots of noise, foot takes weight
Double Toe (DT)	A double toe is done by quickly kicking forward from the knee scraping the foot along the ground, then allowing the leg to fall back naturally scraping the foot along the ground again. Because you don't lift the foot very far off the floor, this forward and back movement makes two quick sounds: a tap as the ball of the foot brushes forward and another tap as it brushes back.
Double Toe Step (DTS) or DS aka RUN	The double toe above is then usually followed by a step onto the ball of the same foot, which also makes a sound.
BASIC <i>or</i> CLOG (DS RS <i>or</i> DT S RS)	Double Toe Step followed by a Rock Step – this is the most commonly used step.

One thing to remember about clogging is that steps usually, most often (but not always) start on **LEFT** foot. This is different from most forms of dance (for the ladies)

When you get more comfortable you can add a bit of spring to your steps by bouncing a bit, this might eventually lead to the drag and slide motion that many advanced cloggers use instead of just the heel click. For every forward there must be a back, thus the drag and slide – it is hard on the knee, that's why most people just heel click.

Websites:

www.doubletoe.com
www.clog.org
www.efdss.org/clog.htm

- publication from Florida that you can subscribe to or just look at website
- National Clogging Organization – info about annual convention and national dance list
- history of clogging essay

Beginner/Easy Steps (in alphabetical order) (click on the link to view video)

Step	Breakdown								
Brush	Double Toe Left &		Step Left 1	(up in front) Brush Right &		Heel Click Left 2			
When you brush, swing your foot forward touching the ground (first toe of a double toe step) then with the leg you have the weight on, lift the heel and click it back down. This is your beat counter, heel clicks always happen on the down beat in clogging.									
Heel Cross Touch	Double Toe L &		Step L 1	(cross in front) Heel Touch R &		Heel Click L 2			
Heel Strut	(in front) Heel Touch L &		Step L 1	(in front) Heel touch R &		Step R 2			
When you Heel Strut, you touch the heel of your foot to the ground slightly in front of your other foot, lift it up, then step on the same foot and continue with the opposite foot (usually come in twos, fours or eights in a dance)									
Hillbilly	Double Toe L &		Step L 1	(in front) Ball Touch R &	Heel Click L 2	(in front) Ball Touch R &	Heel Click L 3	(in front) Ball Touch R &	Heel Click L 4
Push Off	Double Toe L &		(out to side) Step L 1	(push) Rock R &	(out to side) Step L 2	(push) Rock R &	(out to side) Step L 3	(push) Rock R &	(out to side) Step L 4
Rock Around (aka Airplane) (aka Turning Push off)	Double Toe L &		Step L 1	Rock R &	Step L 2	Rock R &	Step L 3	Rock R &	Step L 4
Turning around in place 360°, arms out like airplane wings									
Rock Step	Rock(R) Right &		Step(S) Left 1						
When you rock step, put weight on the ball of the foot (heel off the ground) that you are rocking on and straighten that leg, then on the step put weight on the opposite foot – used in basics, rock arounds, push offs and many other combination steps.									
Run	Double Toe Left &a		Step Left 1						
When you double toe, swing your foot forward at the knee touching the ground (first toe) and straighten your knee slightly, swing your leg back touching the ground (second toe) and bend your leg then step down and take weight on that same foot lifting the other foot so it's ready for the next step.									

Step	Breakdown			
Side Touch	Double Toe L &	Step L 1	(out to side) Touch R &	Heel Click L 2
Step Touch	(out to side) Step L &	Touch R 1	(out to side) Step L &	Touch R 2
	When you Step Touch, you step down and put weight on one foot then touch the ball of your foot to the ground			
Step Vine (aka Grapevine)	(out to side) Step L &	(cross in behind) Step R 1	(out to side) Step L &	(together) Touch R 2
	When you Step Touch, you step down and put weight on one foot then touch the ball of your foot to the ground			
Toe Heel (aka Walk it)	Toe & L	Heel 1 L	Toe & R	Heel 2 R
	When you do a Walk it, you put weight on the ball of the foot, then snap the heel down on the next ½ beat lifting your other leg to be ready for the next one (usually comes in twos, fours, or eights in a dance)			

The order that I prefer to teach beginner clogging steps
(may not always be presented in this order)

Step (march in time to the music)
Step Touch

½ Beat Steps (counting &1)

Toe Heel
Heel Strut
Rock Step
Combinations of the toe heel, heel strut, rock step

Introduce ¼ beats (counting e&a1)
Double Toe Step (aka Run) (count &a1)

Combinations of Double Toe Step and Rock Step

Fancy Double
Triple
Chain
Pushoff
Rock forward
Rock back

Introduce Heel Click

Touches
Hillbillies
Side touches
Outhouse
Donkey
Heel touches/Heel Toe Combo

Brushes
Triple Brush
Brush and a Basic (aka Rocking Chair)

Vine
Clogover 4
Clogover Vine

Cowboy
Triple Brush forward
Rock Back

Charleston
Stomp Double
Rock Double
Joey
Samantha

First Year or Two Steps (in alphabetical order)

After your first year or two (or even three or more), you should know the following steps (plus or minus a few). This is by no means a complete list but if you know all of these steps you are well on your way to being an Intermediate Level dancer.

To Read:

Line 1 = directional instructions (may or may not be present) (ie xif = Cross in front, ots = out to side etc.)

Line 2 = steps abbreviated, use the abbreviations on a previous page (ie DT = Double Toe, DS= Double Toe Step, R = Rock, S=Step, etc.)

Line 3 = R or L = Right or Left Foot

Line 4 = Count ("one and a two" or "and one and two" or "and a one e and a 2 e")

Step	Breakdown
Basic	DT S R S L L R L & 1 & 2
Brush	DT S BR HCLK L L R L & 1 & 2
Charleston	(f) (b) (b) (b) DS TCH HCLK T H R S L R L R R L R &1 & 2 & 3 & 4
Clog Over 4	xif xib DT S DT S DT S DT S L L R R L L R L & 1 & 2 & 3 & 4
Clogover Vine	xif ots xib ots xif DT S DT S DT S DT S DT S DT S L L R R L L R R L L R R L L R L & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8
Cowboy	Triple Brush forward and a Rock back. Rock back is usually done with right arm lassoing and left arm behind back <-----move forward-----> <-----move backward-----> if xif xif b xif b xif b xif DT S DT S DT S BR HCLK DT S R S R S R S L L R R L L R L R R L R L R L R & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8
Donkey	(xif) [up] (ots) [up] (xif) [up] DS TCH H TCH H TCH H L R L R L R L &1 & 2 & 3 & 4
Double Basic (3 BEAT STEP)	DT S DT S R S L L R R L R & 1 & 2 & 3
Fancy Double	DT S DT S R S R S L L R R L R L R & 1 & 2 & 3 & 4
Heel Touch	if DT S HTCH HCLK L L R L & 1 & 2

Step	Breakdown
Heel Strut	if if H S H S L L R R & 1 & 2
Heel Toe Combo	DT S if ib if HTCH CLK TTCH CLK HTCH CLK L L R L R L R L & 1 & 2 & 3 & 4
Hillbilly	DT S [up] [up] [up] TCH HCLKTCH HCLKTCH HCLK L L R L R L R L & 1 & 2 & 3 & 4
Hillbilly Twist	DT S [Twist out] [Twist in] [Twist out] TCH HCLK TCH HCLK TCH HCLK L L R L R L R L & 1 & 2 & 3 & 4
Joey (second vid)	DT S xib ots ots xib ots BA BA BA BA BA S L L R L R L R L & 1 & 2 & 3 & 4
Kentucky Drag	DT S ots xif xif K S L L R S & 1 & 2 Sometimes done in 3's with a basic at the end or 2 Kentucky Drags and a Push off or Triple to make it an 8 count step
Loop Vine (western basic)	DT S ots xib ots xif ots xib ots LOOP S DT S DT S DT S LOOP S DT S R S L L R L L R R L R R L R L &1 & 2 &3 &4 &5 & 6 &7 & 8
Outhouse	DS (ots) (xif) (ots) TCH HCLKTCH HCLKTCH HCLK L R L R L R L &1 & 2 & 3 & 4
Push Off	DT S ots ots ots ots R S R S R S R S L L R L R L R L & 1 & 2 & 3 & 4 clap clap clap clap Usually done with claps
Rock Around (Airplane) (Turning Push off)	DT S R S R S R S Turning around in place 360°, arms out like airplane wings L L R L R L R L & 1 & 2 & 3 & 4

Step	Breakdown
Rock Back	ib b ib b ib b DT S R S R S R S L L R L R L R L & 1 & 2 & 3 & 4
Rock Double	RS DS DS RS LR L R LR &1 &a2 &a3 &4
Rock Left	xif of right foot turning ¼ to face the left DT S R S R S R S L L R L R L R L & 1 & 2 & 3 & 4
Rock Right	xif of left foot turning ¼ face to the right DT S R S R S R S R R L R L R L R & 1 & 2 & 3 & 4
Rocking Chair	DT S BR HCLK DT S R S L L R L R R L R & 1 & 2 & 3 & 4 This may also turn ¼ or ½ usually on the brush. Instructor will cue
Round Out	(xif) (xib) (ots) DS T H T H T H L R R L L R R &1 & 2 & 3 & 4
Samantha Again Yet again	(xif) DS DS DR S DR S RS DS DS RS L R R L L R LR L R LR &a1 &a2 & 3 & 4 &5 &a6 &a7 &8
Side Touch	(ots) DT S TCH HCLK L L R L & 1 & 2
Slur	xib DT S SLR S L L R L & 1 & 2
Slur Vine (Slur Basic)	xib ots DT S SLR S DT S R S L L R L R R L R & 1 & 2 & 3 & 4
Step Touch	ots ins ots ins S TCH S TCH L R L R & 1 & 2
Step Vine	ots xib ots ins S S S TCH L R L R & 1 & 2
Stomp Double	(p) STO DS DS R S L R L R L & 1 &2 &3 & 4

Step	Breakdown							
Toe Heel (Walk it)	T	H	T	H				
	L	L	R	R				
	&	1	&	2				
Tap Back				ib				
	DT	S	TTCH	HCLK				
	L	L	R	L				
	&	1	&	2				
Touches	DT	S	TTCH	HCLK				
	L	L	R	L				
	&	1	&	2				
Triple	DT	S	DT	S	DT	S	R	S
	L	L	R	R	L	L	R	L
	&	1	&	2	&	3	&	4
Triple Brush	DT	S	DT	S	DT	S	BR	HCLK
	L	L	R	R	L	L	R	L
	&	1	&	2	&	3	&	4
Vine			ots	xib				
	DT	S	DT	S	DT	S	R	S
	L	L	R	R	L	L	R	L
	&	1	&	2	&	3	&	4

Step Drills

[Drill 1](#) – Double Toe Steps, Basics, Triples, Fancy Doubles

[Drill 2](#) – Touches, Side Touches, Tap Backs, Hillbillies, Outhouses, Donkeys

[Drill 3](#) – Triples, Vines, Triple Brushes, Vine Brushes, Double Basic with a Brush, 2 Basics and a Triple Combo

[Drill 4](#) – Chains, Pushoffs, Push forward, Rock back