

# Clog Dancing

## FORM:

Clog Dancing is a solo dance

1

Walking step

2

Scissor step

3

Hornpipe and pendulum

4

Front step and heel step (basic)

5

Train step

6

Basic step with hop



Step 2



Step 3



Step 4

# Clog Dancing

Walking step

**SKILL 1**



Right heel hits the floor, then the front of the foot follows for 6 counts, then end with 3 strong stamps.

# Clog Dancing

## Scissor step

**SKILL 2**



**A) 4 floor kicks with the heel (starting on right foot)**

**B) Scissor:**

- Jump out so that the legs are apart
- Jump so that the legs cross in front of each other (land with right leg in front of left)
- Jump out so that legs are apart
- End with 3 strong stamps

**C) Repeat this, but with 4 back kicks with the front of the foot (starting on right foot)**

# Clog Dancing

Hornpipe and pendulum

**SKILL 3**



**A) 4 skips back, crossing the right leg behind the left.**

**B) While keeping the legs straight, the right foot kicks the left leg out; repeated with the left leg kicking the right leg out.**

# Clog Dancing

Front step and heel step (basic)

**SKILL 4**



Girl 1 moves around the boy



Start with a stamp on the left leg. Then, heel kick with the right. Repeat for 16 counts, finishing with 2 strong stamps.

# Clog Dancing

Train step

**SKILL 5**



Stamp with the left leg, then heel kick with the right. Place right foot down again. Repeat.

- Stamp, kick, (3 beats)
- Stamp, kick, (3 beats)
- Stamp, kick, stamp, kick stamp, kick, place (7 beats)

# Clog Dancing

Basic step with hop

**SKILL 6**



Just like the front step and the heel step, but with a hop after every 5 floor beats.