

Flat Foot Clogging

拍数: 80 墙数: 1 级数: Improver
编舞者: Unknown
音乐: Against The Grain - Garth Brooks



WALK FORWARD AND BACK:

- 1-4 Walk forward with left foot, right, left, stomp right
- 5-8 Walk backwards starting with right foot, left, right, stomp left
- 9-12 Walk forward with left foot, right, left, stomp right
- 13-16 Walk backwards starting with right foot, left, right, stomp left

SHUFFLES, JAZZ SQUARES, AND SHUFFLES:

- 17-24 Four sets of shuffles, in place, starting on left foot, left-right-left, right-left-right, left-right-left, right-left-right
- 25-32 Two jazz squares, starting with left. Step forward left, step over left with right, step back on left, place right next to left
- 33-40 Four sets of shuffles, in place, starting on left foot, left-right-left, right-left-right, left-right-left, right-left-right

HIP BUMPS:

- 41-44 Do a ¼ turn right, stepping on left foot (leave right in place). With weight on left, do four hip bumps left
- 45-48 Shift weight to right and do four hip bumps right
- 49-52 Shift weight to left and do four hip bumps left
- 53-56 Shift weight to right and do four hip bumps right

MORE SHUFFLES:

- 57-64 Four sets of shuffles, in place, starting on left foot, left-right-left, right-left-right, left-right-left, right-left-right. On the first of these shuffles (step 57) step ¼ turn left to face forward (unless you are doing variation a)

STEP, TURN, SLAP, SHUFFLE:

- 65-68 Step on left foot turning ¼ to the left, bend right leg backwards at the knee and slap boot with right hand. Shuffle in place right-left-right
- 69-72 Step on left foot turning ¼ to the left, bend right leg backwards at the knee and slap boot with right hand. Shuffle in place right-left-right
- 69-76 Step on left foot turning ¼ to the left, bend right leg backwards at the knee and slap boot with right hand. Shuffle in place right-left-right
- 77-80 Step on left foot turning ¼ to the left, bend right leg backwards at the knee and slap boot with right hand. Shuffle in place right-left-right

REPEAT

Variations ("A" can be done by itself, or with "B" or "C"):

A) the sets of four shuffles (steps 17-24, 33-40, and 57-64) are done as cross with turn, step, return. For the shuffles starting with the left:

Step with left foot crossing over right, turning 3 turn to right

Step in place with right (which will have been slightly shifted to right)

Step with left foot back to original position(that is a 3 turn left) facing forward

If you use this variation for steps 57-64, do not turn ¼ turn right on step 57 (you will already have turned for the hip bumps). For the shuffles starting with the left:

Step with right foot crossing over left, turning 3 turn to left

Step in place with left (which will have been slightly shifted to left)

Step with right foot back to original position(that is a 3 turn right) facing forward

B) during the first 16 steps, do a 2 turn to the right and walk forward right-left-right, stomp right where you

would normally walk backwards. That is:

- 1-4 Walk forward with left foot, right, left, stomp right
- 5-8 Turn ½ turn to the right and walk starting with right foot, left, right, stomp left
- 9-12 Walk forward with left foot, right, left, stomp right
- 13-16 Turn ½ turn to the right and walk starting with right foot, left, right, stomp left

This variation takes up a little more real-estate, but returns you to the same position.

C) during the first 16 steps, do a ½ turn and step- step-step-stomp during steps 5-12. That is:

- 1-4 Walk forward with left foot, right, left, stomp right
- 5-8 Turn ½ turn to the right and walk starting with right foot, left, right, stomp left
- 9-12 Turn ½ turn to the left and walk starting with left foot, right, left, stomp right
- 13-16 Walk backwards starting with right foot, left, right, stomp left

This variation takes up the same real-estate as the original (and returns you to the same position), but adds some turns.
