

# The Clog

拍数: 80      墙数: 1      级数: Intermediate  
编舞者: Rob Fowler (ES)  
音乐: Hittin' the Hay - Rednex



This was originally a Clogging Dance. It was adapted for Line Dancing by Rob Fowler. Also see "Rocky Top" by Unknown.

- 1-4      Step forward on left foot, step forward on right foot, step forward on left foot, stomp right foot next to left foot (weight remains on left)
- 5-6      Step back on right foot, step back on left foot
- 7&8      Step back on right foot, step back on left foot, step slightly forward on right foot
- 9-16      Repeat counts 1-8 exactly as above
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- &17&18      Scuff left heel, step left foot in place, step right foot in place, step left foot in place
- &19&20      Scuff right heel, step right foot in place, step left foot in place, step right foot in place
- &21&22      Scuff left heel, step left foot in place, step right foot in place, step left foot in place
- &23&24      Scuff right heel, step right foot in place, step left foot in place, step right foot in place
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- 25-28      Step forward on left foot, cross right foot over left foot, step back on left foot, step right foot to right side
- 29-32      Step forward on left foot, cross right foot over left foot, step back on left foot, step right foot to right side
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- &33&34      Scuff left heel, step left foot in place, step right foot in place, step left foot in place
- &35&36      Scuff right heel, step right foot in place, step left foot in place, step right foot in place
- &37&38      Scuff left heel as you make a ¼ turn right, step left foot in place, step right foot in place, step left foot in place
- &39&40      Scuff right heel, step right foot in place, step left foot in place, step right foot in place
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- 41-44      Bump hips to the left four times
- 45-48      Bump hips to the right four times
- 49-50      Bump hips to the left twice
- 51-52      Bump hips to the right twice
- 53-54      Bump hips to the left twice
- 55-56      Bump hips to the right twice
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- &57&58      Scuff left heel, step left foot in place, step right foot in place, step left foot in place
- &59&60      Scuff right heel, step right foot in place, step left foot in place, step right foot in place
- &61&62      Scuff left heel as you make a ¼ turn left, step left foot in place, step right foot in place, step left foot in place
- &63&64      Scuff right heel, step right foot in place, step left foot in place, step right foot in place
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- 65-66      Step forward on left foot, make a ¼ turn left as you slap your right heel
- 67&68      Step right foot in place, step left foot in place, step right foot in place
- 69-70      Step forward on left foot, make a ¼ turn left as you slap your right heel
- 71&72      Step right foot in place, step left foot in place, step right foot in place
- 73-74      Step forward on left foot, make a ¼ turn left as you slap your right heel
- 75&76      Step right foot in place, step left foot in place, step right foot in place
- 77-78      Step forward on left foot, make a ¼ turn left as you slap your right heel
- 79&80      Step right foot in place, step left foot in place, step right foot in place

REPEAT

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