

## BIG CIRCLE MOUNTAIN SQUARE DANCE INSTRUCTION AND CLOGGING

### i. Ladies Chain --

Circle L and back to place,  
Two ladies chain,  
Chain them over and chain right back,  
Swing your opp,  
Swing your own.

W move to the ctr, join R hands and pass by. W joins L hands with the opp M, who places his R hand in the small of her back and moving fwd turns her around to place. W chain back, turning to place in the same manner with ptr. Swing the opp W, swing your ptr.

### j. Little Girl Steps Through --

Circle to the L and back to the R,  
Little girl step through  
Little boy too,  
Swing the lady on the R.  
Circle to the L and back to the R.  
Little girl step through  
Little boy, too.  
Swing your ptr.

Circle L and back to the R. Drop hands. M and opp W join R hands, W step through the circle passing L shldr, continue walking as M step through circle passing L shldr. All join hands and circle CW. M swings the W on his R, puts her on his R, and circles L, then circles R. Repeat entire figure, ending up swinging with orig ptr.

k. Georgia Rang Tang -- This figure is called by different names in various parts of the country.

Circle L, circle R.  
At home pos, turn opp with R hand all the way around  
Turn ptr with L hand  
Repeat turn with opp and turn with ptr  
Swing opp -- Swing your ptr.

## CLOGGING

(Western North Carolina)

Clogging consists of a basic walk enhanced with embellishments according to the desire and skill of the dancer. The feet are kept under the body, knees slightly bent, toes and knees turned out a little. Steps are done flat-footed, with one foot always on the floor (no leaps, jumps, etc.).

Basic Step (Singles): For the R ft.

A "shuffle" is a short, quick movement of the foot, brushing the ball of the ft fwd and back prior to stepping on it, and is done prior to the beat of the music, that is on the ct &,ah. The shuffle is always part of the basic step.

CLOGGING (continued)

- (&,ah) Shuffle with R ft.
- (ct 1) Drop onto R ft, bending knee slightly.
- (ct &) Straighten R knee sharply, letting it slide bkwd (chug) slightly. (NOTE: The chug should not be emphasized as such, but occur naturally as an accompaniment to the straightening of the knee.) At the same time, the L ft does a shuffle on cts &,ah.
- (ct 2) Drop onto L ft, bending knee slightly.
- (ct &) Straighten L knee sharply. If dancer wishes to continue with the basic step, the shuffle is done with the R ft while the L knee straightens.

The basic step is done on alternate ft moving fwd. The arms swing freely at the sides or may be raised as the dancer desires, unless they are joined with a neighbor.

Doubles:

A quick step may be added to the basic step to produce the double.

- (cts &,ah,1) Basic step on R.
- (ct &) Step on L toe behind the R ft.
- (ct 2) Step onto R again (no shuffle) with slight knee bend.
- (ct &) Straighten R knee sharply.

The step may then be repeated with the opp ft, or the dancer may continue with basic steps.

Basic steps and doubles may be intermixed throughout the dance with additional variations or embellishments at the desire of the dancer. Some of the variations possible are noted below.

Chug with both feet:

This step may be used as a resting step or as preparation for the chug on one ft (described later). Some Southern Appalachian dancers also use it as a traveling step.

- (ct 1) Chug fwd on both ft, ft apart, toes turned out.
- (ct &) Chug bkwd on both ft, closing ft together a little.

This step may be repeated until the dancer is ready to do another step.

Chug on one foot:

After a basic step the dancer may continue to chug fwd and bkwd on that ft keeping the other ft free.

- (cts &, ah,1) Basic step.
- (ct &) Straighten knee sharply and chug bkwd.
- (ct 2) Chug fwd on same ft, bending the knee slightly again.
- (ct &) Straighten knee sharply and chug bkwd.

CLOGGING (continued)

This step may be executed as often on that foot as desired; to change the dancer begins with a basic step onto the other ft. The free ft may do anything the dancer desires (within reason). Characteristic positions are as follows:

- a) touching the toe in front or side
- b) lifted to ankle height
- c) lifted in back
- d) shuffle as in basic step

The dancer is free to do as he feels -- there is no fixed way of moving the free ft.

Backing Step:

The backing step is a characteristic variation on the chug on one ft.

- (ct 1) Step on one ft behind the other, bending knees.
- (ct &) Straighten the supporting leg sharply.
- (ct 2) Chug fwd on same ft.
- (ct &) Straighten the knee sharply.

This step may now be repeated starting on the other ft. This step would normally be used when dancing in place although the dancer may also travel fwd or bkwd while doing the step. The free foot is still free to be placed anywhere.

Lift Step:

The lift step is also a characteristic variation of the chug on one ft.

- (cts &,ah,1) Basic step.
- (ct &) Straighten knee sharply and chug bkwd. At same time lift other leg with knee straight.
- (ct 2) Chug fwd on same ft, lifting the knee of the free ft sharply in bent pos ("lift" pos).
- (ct &) Straighten knee of supporting ft sharply and chug bkwd.

This step (cts 1-2) may be executed on alternate feet but is more commonly done while doing the basic step. For example:

- (cts 1,&) Basic step on R ft.
- (ct<sup>s</sup> 2,&) Basic step on L ft.
- (cts 3,&) Basic step on R ft.
- (cts 4,&) Chug and straighten on R, lifting L knee as in cts 2,& above.

The dancer may then execute the same sequence but starting on the other ft. The "lift" pos itself may be repeated for more than one ct before beginning another step. For example:

- (cts 1,&) Lift and straighten as in lift step, cts 2,& above.
- (ct<sup>s</sup> 2,&) Lift and straighten as in lift step, cts 2,& above.

CLOGGING (continued)Brush Step:

This step is another characteristic variation on the chug on one ft described above.

- (cts 1,2) Lift step as described above, cts 1,2.
- (ct 3) Brush free ft bkwd, ending in back.
- (ct &) Straighten knee as in basic step, ct &.
- (ct 4) Brush free ft fwd, ending in "lift" pos.
- (ct &) Straighten knee sharply as in basic step.

Again the free ft is free to move in any direction, not necessarily fwd and back.

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