

## Flatfooting Workshop Practice Diane Silver – www.diane-silver.com

### Clogging Basics, in order of progression

Each time you practice, start at the beginning to get back into the groove. Once you are comfortable with a particular step (you can do it easily without thinking too hard), or once you're so bored you just have to do something else, then practice the next move. Don't fall into the trap of progressing too quickly – your goal is to get these into muscle memory. You want to be able to do them without thinking.

### TENNESEE WALKING STEP

- 1) Bounce – down – up –down - up – in time to the music
- 2) Walk in place—bend - straight – bend- straight -- not kick, just straight – extend “loose” foot forward
- 3) Step-chug (slide back while straightening up) – “loose” foot still extends forward – this is the 2-sound walking step
- 4) Add toes, then heels, for 3-sound walking step:     You could spend many months working on this.

*Rhythm of the music: 1-ee-&-a, 2-ee-&-a, etc.*

	1	ee	&	a
2-sound-walking step	Step		Chug	
	Step		Chug	
3-sound-walking step	Step	<i>(wait)</i>	Chug	Toe
	Step	<i>(wait)</i>	Chug	Toe
3-sound-walking step	Step	Heel	Chug	<i>(wait)</i>
	Step	Heel	Chug	<i>(wait)</i>
4-sound-walking step	Step	Heel	Chug	Toe
	Step	Heel	Chug	Toe

*Step = switch. You are switching weight from one foot to the other. One foot goes up as you switch to the other foot, then extends forward during the chug on the weighted foot (same rhythm as bend-straight, bend-straight).*

*Toe-brush back w/ “loose” foot (like a horse toeing the ground, only more subtle), then step on that foot on the next beat.*

*Heel-scuff w/ “loose” foot, on the way to extending it forward.*

- 5) Play with adding and removing one or both toes or heels, to create different rhythms.

Chant: 1-ee-&-a, 2-ee-&-a

Create same rhythm w/ feet: step-heel-chug-toe, step-heel-chug-toe

CHANT	1	ee	&	a
	2	ee	&	a
create same rhythm w/ feet:	Step	Heel	Chug	Toe
	Step	Heel	Chug	Toe
CHANT	1	ee	&	<i>(rest)</i>
	2	ee	&	<i>(rest)</i>
create same rhythm w/ feet:	Step	Heel	Chug	
	Step	Heel	Chug	
CHANT	1	<i>(rest)</i>	&	a
	2	<i>(rest)</i>	&	a
create same rhythm w/ feet:	Step		Chug	Toe
	Step		Chug	Toe

(You could spend many months working on this).

CHANT			&	a
	1	(rest)	&	a
	2	(rest)	&	a
	3	ee	&	a
	4	(rest)	&	a
	1	(rest)	&	a
	2	(rest)	&	a
	3	ee	&	a
	4			
create same rhythm w/ feet:			Chug	Toe
	Step	(rest)	Chug	Toe
	Step	(rest)	Chug	Toe
	Step	Heel	Chug	Toe
	Step	(rest)	Chug	Toe
	Step	(rest)	Chug	Toe
	Step	(rest)	Chug	Toe
	Step	Heel	Chug	Toe
	Step			

If you're a musician, these are pick-up notes.

6) Double chugs – chug forward and back on both feet. – Forward – back – forward – back. Same rhythm as step-chug-step-chug. Also go to one side, the other side, alternate sides; then alternate: side – middle – side – middle.