

The magazine for clog dancers for more than 25 years!

# DOUBLETOE

DOUBLETOE.COM

March 2009

## Wooden Shoe Rather Be Clogging ?

An early history of clogging sheds light on how much our dance has evolved from its earliest 20th century form into the 1970's and 1980's



# Clogging Group Trips

Lee Froehle has been coordinating clogging trips and tours for more than a decade and has taken her own groups to Europe, Disney and around the U.S. She has also organized Clogging Expos for over 1,000 people in Washington, DC, plus Hawaii, Ireland, Scotland and more. Whether you are a small group wanting a fun trip, a cruise for a few families or a large studio wanting a once-in-a-lifetime adventure, Lee can arrange performances and tours just for you!

**Lee Froehle 614-580-1950**  
**jfla67@aol.com**



**CLOGGING CRUISES,  
 FESTIVALS, TOURS,  
 PARADES & MORE!**



## March 2009

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**Kings Island Resort**  
**CONFERENCE CENTER**

5691 Kings Island Drive • Mason, Ohio 45040

**Memorial Day Weekend**  
**MAY 23-24 '09**

Compete on raised stage in the air-conditioned Belvedere Ballroom at the Kings Island Resort and Convention Center, located adjacent to Kings Island theme park, Kings Island Golf Center the Beach Water Park, and shops.

**Saturday May 23 • Clogging Duos & Duets, Clogging Choreographed Solos**  
**Dance Studio Hip-Hop, Jazz and Tap Trios, Duos and Solos**

Saturday Evening - Contemporary and Traditional Duo/Duets, plus Show Duo/Duets and Short Duo/Duets & A Cappella Short Duo/Duets, Duo/Duet Dance-Off and Choreographed Solos, Hip-Hop, Jazz and Tap Trios, Duos and Solos

**Sunday May 24 • All Amateur & Challenge Clogging Team Events,**  
**All Studio Dance Team Events, All Clogging Solo Freestyle Events**

All Day Sunday - ALL CCA qualifying categories offered in both Amateur and Challenge Levels (Standing Line, Moving Line, Precision, Hoedown, Exhibition, Traditional Line, A Cappella Team, Artistic Expression and Small Team) - Amateur and Challenge Solos, Traditional Solos, A Cappella Solos - Plus DANCE STUDIO TEAM CATEGORIES in Hip-Hop, Jazz and Tap for clogging teams who also do studio dance! See rules for more information!

**HUGE OVERALL TROPHIES, Great Awards and CASH PRIZES for the winners!**

**Discounted Tickets Available for Kings Island Theme Park!**

Clogging Workshops Friday & Saturday in same facility. For more info, forms and more, visit

**[www.cloggingcontest.com](http://www.cloggingcontest.com)**

or email Jeff Driqqs at [ccaieff@aol.com](mailto:ccaieff@aol.com) or call (304) 776-9571





# **ACHF Workshop Solo Competition & Judges Recertification June 27-28, 2009**

at the **Stompin' Ground** in **Maggie Valley, NC**

Workshops 8:00 am- 4:30 pm June 27

*Traditional & Contemporary styles taught*

Competition begins at 4:30 pm

*Contemporary, Traditional and Flatfoot Solo*

*Competition, Short Duo/Duet*

Instructors

**Scotty Bilz, GA, Sonja & Kenzie Wiseman, TN,**

**Jim Loveless, MD, Garland Steele, WV,**

**Lou Maiuri, WV, Crystal Loftin, SC,**

**Simone Pace, SC and others TBA**

*Featuring instructions in clogging*

*Line Dance, Steps, Appalachian Style Figures,*

*and Appalachian Style Flatfoot Dancing*

Pre-registration for workshop not necessary

Solo & flatfoot registration taken at door, \$8.00 per dancer.

Workshop admission is \$20.00

(ACHF members free workshop admission)

All Spectators, \$10.00

There will be regular shows at the Stompin' Ground

On Friday Night, admission is \$10.00

**For accommodations**

**call 1-800-MAGGIE1**

For information contact:

Lou Maiuri, 304-872-5803 lmaiuri@citynet.net

Lib Mills, 864-843-3825 lmills@seneca.sc.us

Dianne Loftin, 864-962-9835 dloftin01@charter.net

To register for Judges Seminar, contact Lib Mills

Membership in America's Clogging Hall of Fame is \$15.00 per year.

Direct inquiries to the Membership Chairman:

Dianne Loftin, 1896 Bards Cove Charleston, SC 29414

**(843)763-5806**

Funded in part by the Maggie Valley CVB, Haywood County TDA

## **TO THE READERS Cry Me A River**

What's happened to me? I cry watching "Extreme Makeover: Home Edition." Even the old ones on CMT. And anything patriotic... I'm a mess. The older I get, the more it is becoming clear. I'm a softy.

I remember when I first started working with teams for competitions and was teaching classes three of four nights a week and I had parents who came in with their children and I described them as "having blinders on." Their children could be vastly in need of improvement, lacking in basic clogging skills and wildly in need of motivation, yet every time they saw that child dance their eyes welled up with tears and the last note of music could barely be played before they were rushing their children to hug, high five and praise them. I remember so many times thinking, "Are they watching the same child I am?" "They have to know this kid ain't winning no medal no time soon."

Isn't that what a coach or teacher is supposed to do... brutally and honestly assess their pupil's skill and help their charges realize their potential?

I played baseball as a kid and had a set of coaches that were polar opposites. One was a heavy handed, loud and forceful coach who didn't do as much teaching as he did intimidating his players into not making careless mistakes. I remember other teachers and coaches in my life who took the opposite approach. It doesn't really matter if you are right or wrong, win or lose, as long as you feel good about it at the time.

As I have matured, I am finding more and more the understanding of those parent's tears. Age makes us appreciate so much more the sheer joy of expression and the pride of seeing ones we love experiencing life. It touches places in us and it makes us remember how precious life is and it doesn't take much to turn on the waterworks when someone we love is in the spotlight.

Sure, a performing or competing team needs to practice, and sometimes a director or instructor needs to "drop the hammer." But never forget that the dancers you teach are loved and accepted by someone just as they are and unconditionally. Don't think of parents or spouses as having "blinders" on. Encourage them to encourage your dancers to practice and learn and thank them for their unwavering support of their dancers as they ARE and instill in them the desire to want their dancers to be even better.

That good old book, the bible, says "And now this word to all of you: You should be like one big happy family, loving one another with tender hearts and humble minds"

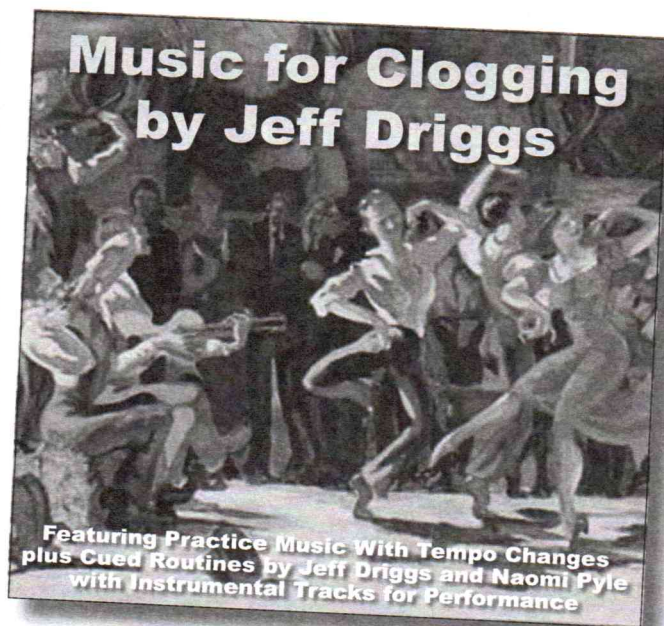
Learn how to make that tender-hearted love and support work for you and never forget when your loved ones first saw you clogging.... I think I'm gonna cry!

Happy Clogging!

Jeff Driggs, Editor



# Bluegrass to Teach With, Call Square Dances and Learn Fun Line Dances!



## Music for Clogging by Jeff Driggs

This CD contains 4 great old time bluegrass songs that will get your hands clappin' and your toes tappin'. Old Joe Clark is recorded with a starting temp that is very slow, then every 64 beats there is an 8 beat tempo change that speeds the music up just a little. This is a great track for teaching beginner classes, working on new steps or styling. Old Joe Clark is also included in a full tempo version.

The other tracks on this CD project are renditions and medleys of old time tunes with routines choreographed by Jeff Driggs of West Virginia and Naomi Pyle of Indiana. Cue sheets for these dances are included in this insert.

### ORDER YOUR CD NOW

Make Checks payable to "Doubletoe Times"

\$10.00 ea. + \$2.50 postage and handling to:

Clog CD P.O. Box 1352, St. Albans, WV 25177

Name \_\_\_\_\_

Address \_\_\_\_\_

City ST Zip \_\_\_\_\_

Please send me \_\_\_\_\_ Clogging Music CD(s)



## America's Clogging Hall of Fame Association

Stompin' Ground Maggie Valley, N.C.

EARL POWELL, President  
9901 Boylston Hwy. Horseshoe, NC 28742  
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1896 Bairds Cove Charleston, SC 29414  
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(843) 763-5806  
VICKI BARNES  
(843) 761-5290  
SONJA  
SHEPERD-WISEMAN  
(423) 581-4074

### 2009 A.C.H.F. Sanctioned Events for more ACHF info visit [www.achf.net](http://www.achf.net)

#### ACHF Competitions 2009

**Feb 7**  
Southern Virginia Clogging Classic - Chesapeake, VA  
Info: Amanda Drewry (757) 647-9002  
adrewry@courts.state.va.us

**Feb 7**  
Capital City Clogging Classic - Columbia, SC  
Info: Clay & Heather Barnhart (803) 730-2535  
cccitycloggers@aol.com

**Feb 28**  
Southwest Florida Lee County Fair Clogging Competition  
Fort Myers, FL Info: Admin Office 239-543-8368  
or Lib Mills (864) 843-3825 lmills@seneca.sc.us

**Mar 6-8**  
E.P.I.C. Workshop & Conference - Pigeon Forge, TN  
Info: Simone Pace 864-599-5678 simone@marykay.com

**Mar 21-22**  
SCCC Stampede Classic - Aiken, SC  
Info: Dianne Loftin (864) 962-9835  
or Terry Anderson (803) 642-5145 dloftin01@charter.net

**Apr 4**  
Appalachian Pride Clogging Competition - Greensboro, NC  
Info: Brandi Moon (336) 697-4031  
brandi.moon@smithmoorelaw.com

**Apr 10-11**  
The Sizzlin' Stomp - Knoxville, TN  
Info: Kimberly Stafford (865) 660-0325  
thesizzlinstomp@comcast.net

**Apr 18**  
Southern Junction Clogging Competition - Greenville, SC  
Info: Gwen Davis (864) 299-8601

**May 1-3**  
Stompin' Ground Competition - Maggie Valley, NC  
Info: Earl Powell, 828-891-3435 Lib Mills, 864-843-3825  
Dianne Loftin, 864-962-9835 Lou Maiuri, 304-872-5803  
[www.achf.net](http://www.achf.net)

**Jun 13**  
Grand Lake National Clogging Contest - Grove, OK  
Info: Kathleen Pixley 1-800-526-2523  
Or Lou Maiuri (304) 872-5803

**Jun 27**  
ACHF Workshop & Solo Competition  
plus ACHF Certified Judges Training - Maggie Valley, NC  
Info: Earl Powell, 828-891-3435 Lib Mills, 864-843-3825  
Dianne Loftin, 864-962-9835 Lou Maiuri, 304-872-5803  
[www.achf.net](http://www.achf.net)

**Jul 18**  
Carolina Hoedown Caompetition - Seneca, SC  
Info: Lib Mills, 864-843-3825  
Jeff Parrott (859) 489-5190  
Jeffreysparrott@yahoo.com

**Jul 25**  
Orange County Fair - Orange, Virginia  
Info: Frank (540) 760-3802 or Betty (540) 222-5751

**Aug 1**  
Summer Fest Competition - Greenville, SC  
Info: Dianne Loftin (864) 962-9835 dloftin01@charter.net

**Aug 15**  
Foothills Clogging Challenge - Lenoir, NC  
Info: Jill Kohnle (828) 396-2052

**Aug 28-30**  
Traditional Workshop & Competition - Fontana, NC  
Info: Bill Nichols (864) 855-9653

**Sep 4-6**  
Traditional Workshop & Competition  
plus ACHF Judges Training - Fontana, NC  
Info: Bill Nichols 864-855-9653 simone@marykay.com

**Sep 11-12**  
North Carolina Mountain State Fair Clogging Competition  
- Fletcher, NC Info: Earl Powell (828) 891-3435

**Sep 12**  
TVA & I Fair - Knoxville, TN  
Info: Paulette Johnson (865) 712-3153

**Sep 19**  
Magic Feet Ultimate Challenge - Thomasville, NC  
Info: Kody Farrington (336) 883-6076

**Sep 26**  
The Sundance Showdown - Monterey, VA  
Info: Dorothy Stephenson (540) 280-7975  
Clogger4life318@hotmail.com

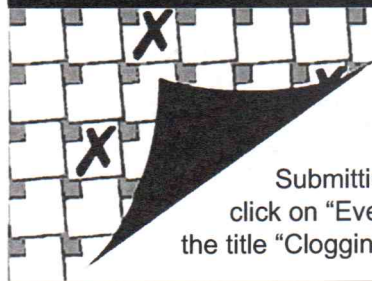
**Oct 23-25**  
ACHF Annual World Championships - Maggie Valley, NC  
Info: Earl Powell, 828-891-3435 Lib Mills, 864-843-3825  
Dianne Loftin, 864-962-9835 Lou Maiuri, 304-872-5803  
[www.achf.net](http://www.achf.net)

for a complete list of America's Clogging  
Hall of Fame events, workshops  
and qualifying competitions, visit the  
organization's website at:

**[www.achf.net](http://www.achf.net)**

Funded in part by the Maggie Valley CVB/Chamber,  
The Haywood County TDA, and  
Hammond Rentals of Moncks Corner, SC





The Double Toe Times lists clogging events as a free service to the clogging community. Events are listed by date and category and are recognized by the following symbols:

**(W) = Workshop, (C) = Competition, (D) = Dance Only, (T) = Training Seminar (P) = Performance, Exhibitions or Concert, (S) = Special Event.**

Submitting an event is easy... just visit the Double Toe Times website at [www.doubletoe.com](http://www.doubletoe.com) and click on "Events." You may also fax events to (304) 727-9357 or email [doubletoetimes@aol.com](mailto:doubletoetimes@aol.com) with the title "Clogging Event." Call or email today to advertise!

**W=workshop  
C=competition  
D=dance only  
P=performance**

## Workshops 2009

### Mar 5-7

Smoky Mountain Encore (W,P,C)  
Gatlinburg, TN  
Inst: TBA  
Gatlinburg Conv. Center  
Info: Lynne Ogle  
(865) 675-1185  
[smokymtnencore@aol.com](mailto:smokymtnencore@aol.com)  
[www.smokymountainencore.com](http://www.smokymountainencore.com)

### Mar 5-8

Simone's E.P.I.C. Conference (W,P,C)  
Pigeon Forge, TN  
Inst: TBA  
Grand Hotel & Conference Center  
Info: Simone Pace  
(864) 599-5678  
[s\\_pace@bellsouth.net](mailto:s_pace@bellsouth.net)  
[www.simonepace.com](http://www.simonepace.com)

### Mar 13-14

Texas Clogging Rally (W)  
Waco, TX  
Inst: Rebecca Lee, Matt & Colleen Pearson, Barry Welch & TX  
Waco Conv. Center  
Info: Robert Ball  
(972) 25-DIXIE  
[clogball@dixiestyle.com](mailto:clogball@dixiestyle.com)

### Mar 13-14

Possum Trot Workshop (W)  
Lancaster, CA  
Inst: Scotty Bilz, Jeff Driggs, Missy Shinoski  
Antelope Valley Fairgrounds  
Info: Linda Bourgeois  
(714) 893-8845  
[possumtrotca@yahoo.com](mailto:possumtrotca@yahoo.com)  
[www.applecreekcloggers.com](http://www.applecreekcloggers.com)

### Mar 13-14

Clogapalooza (W)  
Salem, OR  
Inst: David Nimmo  
Salem Fairgrounds Fairgrounds  
Info: Trish Sells  
(503) 269-0241  
[junestart7@yahoo.com](mailto:junestart7@yahoo.com)  
[www.cherrycitycloggers.com](http://www.cherrycitycloggers.com)

### Mar 21-22

Illinois Prairie Clogging Assoc.  
17th Annual Spring Workshop (W)  
Normal, IL  
Inst: Naomi Fleetwood-Pyle & more  
Bone Student Center, ISU  
[www.illinoisoclogging.com](http://www.illinoisoclogging.com)

### Mar 21-22

SCCC Stampede (W)  
Easley, SC  
Hosted by Southern Junction Cloggers  
Wren High School  
Info: Dianne Loftin  
(864) 962-9835  
[dloftin01@charter.net](mailto:dloftin01@charter.net)

### Mar 27-28

Barrel of Fun Workshop (W)  
Kennewick, WA  
Info: Linda Wissenbach  
(509) 737-9037  
[silvercreekclogr@charter.net](mailto:silvercreekclogr@charter.net)

### Mar 27-28

City Slicker Stomp (W,C)  
Independence, MO  
Inst: S. Scotty Bilz, Barry Welch, Blake Bartlett-Dunn, Missy Shinoski, Sheryl Keller, Stan Webb, Joel Harrison, Kelle Graves, Ken Beach, Ken Beach, Rhonda Olney, Tori Stevens, Pam Portz & Jason Comer.  
Hartman Conference Center - Attached to Hilton Garden Inn  
Info: Missy Shinoski  
816-443-3030  
[kloghop@sbcglobal.net](mailto:kloghop@sbcglobal.net)

### Mar 28

Mason Dixon Spring Stomp (W)  
Westminster, MD  
Inst: Naomi Fleetwood-Pyle, Mary Smith, Kathy Moore  
Westminster Community Center  
Info: Colleen Hill  
[webklogger@carrollcountycloggers.com](mailto:webklogger@carrollcountycloggers.com)

### Mar 28

Clog Workshop with Bonnie & Clyde (W)  
The Villages, FL  
The Paradise Center  
Info: 352-753-3035

### Mar 28-29

Illinois Prairie Clogging Assoc.  
Workshop (W)  
Normal, IL  
Inst: Steve Smith  
Bone Student Center, IL State U  
Info:  
<http://www.illinoisoclogging.com>

### Apr 4

Dallas Clogging Workshop (W)  
Dallas, TX  
Inst: TBA  
Walnut Hill Rec center  
Info:  
[dallaslogworkshop@yahoo.com](mailto:dallaslogworkshop@yahoo.com)

### Apr 4

Gopher State Clogging Association  
22nd Annual Spring Workshop and Annual Meeting  
St. Paul, MN  
Instructors: Avin Honecker-Sherman, Kelly Anne Bartlett & Lisa Hopkins  
St. Paul VFW (Hanson Gallagher V.F.W. Post 295)  
Info: [www.gopherstateclogging.org](http://www.gopherstateclogging.org)

### Apr 17-18

Indian River Cloggers PowWow (W)  
Merritt Island, FL  
Inst: Diana Allen, Jamie Conn, Greg Dionne, Anne Lanier, Jeff Parrott  
Info: Sandy Smallwood  
(321) 631-5104

### Apr 24-25

Swing Into Spring Clogging Workshop (W)  
Jamestown, KY  
Inst: Jeff Driggs, Trevor DeWitt and more TBA  
Lake Cumberland State Park  
Info: Trevor DeWitt  
(317) 670-8934  
[Trevor@clogdancing.com](mailto:Trevor@clogdancing.com)

### Apr 25

Garden State Stomp (W)  
Westampton, NJ  
Inst: TBA  
Info: Debbie Shinn  
(856) 231-8822  
[renegadeclloggers@yahoo.com](mailto:renegadeclloggers@yahoo.com)

### Apr 25

Vermont Western & Folk Workshop (W)  
Williamstown, VT  
Irish Step, Clogging, Square dancing and Line Dancing.  
Info: Hillary Barcomb  
(802) 522-2935  
[greenmtnclogger@aol.com](mailto:greenmtnclogger@aol.com)

### Apr 25

Arkansas Clogging Council Workshop (W)  
Eureka Springs, AK  
Leona Miller, CCI, President  
(870) 935-4774  
[arclogger@cox.net](mailto:arclogger@cox.net)  
[www.arkansasclogcouncil.clogdancing.com](http://www.arkansasclogcouncil.clogdancing.com)

### Apr 29

Juniper Clickin' Workshop III (W)  
Madra, OR  
Featuring Northwest Clogging Instructors  
Jefferson County Fairgrounds  
Madras, OR  
Info: Jan McDonald  
(541) 475-9466  
[clognjan@palmain.com](mailto:clognjan@palmain.com)

### Apr 30 May 1-2

Nickel City Clogging Festival (W)  
Grand Island, NY  
Inst: Scotty Bilz, Jeff Driggs, Sallie James, Naomi Pyle, Matt Sexton, Missy Shinoski, Chip Summey, Judy Waymouth  
Holiday Inn Grand Island  
Info: Linda Haley  
(716) 537-9662  
[Lhaley318@aol.com](mailto:Lhaley318@aol.com)  
[www.wnyca.com](http://www.wnyca.com)

### May 9

Chicken Dance (D)  
Rochester, WA  
Featuring Mary Dart & Friends  
11 am - 2pm Swede Hall  
Info: Mary Dart  
(360) 412-8142  
[maddclogr@comcast.net](mailto:maddclogr@comcast.net)

### May 22-24

Memorial Day Dance Spectacular (W,C,P)  
World of Clogging Championships  
Mason, OH (Kings Island)  
Workshop Inst: TBA  
Kings Island Resort & Conference Center  
Workshop Info: Sallie James  
(740) 936-6009 / 580-0510  
[Sallie4354@yahoo.com](mailto:Sallie4354@yahoo.com)  
Competition Info: Jeff Driggs  
(304) 776-9571  
[ccajeff@aol.com](mailto:ccajeff@aol.com)  
[www.doubletoe.com](http://www.doubletoe.com)  
[www.cloggingcontest.com](http://www.cloggingcontest.com)

### May 23-24

Florida Clogging Council's  
25th Annual State Clogging Convention (W)  
Winter Haven, FL  
Inst: Naomi Fleetwood-Pyle & Florida Inst  
Chain of Lakes Complex  
Info: Debbie Conn  
[clogconn@aol.com](mailto:clogconn@aol.com)

### Jun 12-14

14th National Australian Clogging Association Convention (W)  
Perth, WA Australia  
Cannington Exhibition Centre  
Info: Kingsley Dawes  
[greg\\_kings1@iprimus.com.au](mailto:greg_kings1@iprimus.com.au)

### Jun 18-20

BYU Cougar Clogging Classic (W)  
Provo, UT  
Inst: Scotty Bilz, Jeff Driggs, Andrew & Kacie Babbitt  
Brigham Young University Campus  
Info: (801) 422-4851  
[debcclog@hotmail.com](mailto:debcclog@hotmail.com)

### Jun 19-20

58th Washington State Square & Folk Dance Festival (W)  
Ocean Shores, WA  
Inst: Russ & Lella Hunsaker  
Ocean Shores Convention Center  
Info: Mary Dart  
(360) 412-8142  
[maddclogr@comcast.net](mailto:maddclogr@comcast.net)

### Jun 24-27

58th National Square Dance Convention  
Long Beach, CA  
Info: Ray & Sandy Hutchison  
(760) 320-6504  
[generalchair@58nsdc.org](mailto:generalchair@58nsdc.org)

### Jun 27

ACHF Workshop & Solo Comp.  
Maggie Valley, NC  
Includes ACHF Judges Training  
Inst: TBA  
The Stompin' Ground  
Info: Lou Maiuri  
(304) 872-5803  
[lmairu@citynet.net](mailto:lmairu@citynet.net)

### Jul 18-19

Double Toe Jam (W,P)  
Waco, TX  
Waco Convention Center  
Info: (713) 729-2190  
(254) 772-0227  
[info@doubletoejam.org](mailto:info@doubletoejam.org)  
[www.doubletoejam.com](http://www.doubletoejam.com)

### Jul 31- Aug 1

Sunshine State Jamboree (W, P)  
Tallahassee, FL  
Info: Jeff Wood  
(850) 386-1263  
[wood@talstar.com](mailto:wood@talstar.com)  
<http://www.ssajamboree.com/home.html>

### Jul 31- Aug 2

13th New Zealand Clogging Association Convention  
Motueka, NZ  
Hosted by Motueka Marble Mountain Cloggers  
Inst: Shirley Smith - Victoria, Australia  
Motueka High School  
Info: Veronica Brewerton  
Ph +64 3 525 7508  
[veronicab@clear.net.nz](mailto:veronicab@clear.net.nz)

### Aug 14-16

Midwest Clogging Workshop (W)  
Fort Mitchell, KY  
Inst: Steve Smith KY, Trevor & Stacy DeWitt IN, Dave & Connie Huffman IN, Sam Gill MI, Tina Curtis Canada, Stephen Harbin KY, Morgan Hudson KY, Brian Tucker MI, Reina Beaven IN, Danny Lee KY, Ben Graham KY  
Drawbridge Inn  
Info: Fonda Hill  
(859) 760-8497  
[f.hill711@insightbb.com](mailto:f.hill711@insightbb.com)  
[www.midwestcloggingky.com](http://www.midwestcloggingky.com)

### Aug 28-30

Southern California Clogging Association Convention (W)  
Irvine, CA  
Info: Jim Burnett  
(626) 962-7231

### Sep 25-26

Fontana Clogging Jamboree (W,P)  
Fontana, NC  
Inst: Scotty Bilz, Jeff Driggs WV, Naomi Pyle IN, Chip Summey NC, Elliott Skeen NC, Barry Welch CA  
Live Music Shows & Exhibition Show  
Fontana Village Resort  
Info: Jeff Driggs  
(304) 727-9357  
[ccajeff@aol.com](mailto:ccajeff@aol.com)  
Info: Naomi Fleetwood-Pyle  
(812) 579-6979  
[Naomi\\_p@sbcglobal.net](mailto:Naomi_p@sbcglobal.net)

### Sep 25-27

NWCA Workshop & General Meeting (W)  
Vancouver, WA  
Inst: NWCA Instructors  
Hazel Dell Grange  
Info: Tim & Loma Cole  
(360) 574-2267  
[twocloggers@hotmail.com](mailto:twocloggers@hotmail.com)  
[www.nwcloggers.com](http://www.nwcloggers.com)

### Oct 3

First Coast Clogging Classic (W)  
Jacksonville, FL  
Boloros Dancesport  
Info: Becky Grose  
[becgrose@gmail.com](mailto:becgrose@gmail.com)  
Anne Lanier  
[alanier821@aol.com](mailto:alanier821@aol.com)  
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### Oct 17

Missouri Clogging Council Fall Workshop (W)  
St. Martins, MO  
Inst: Scotty Bilz, Jeff Driggs, Missy Shinoski, Chip Summey  
Info: Debbie Keeling  
[debcclog@hotmail.com](mailto:debcclog@hotmail.com)  
[www.moclog.com](http://www.moclog.com)

### Oct 24

Oktoberfest Clog (W)  
Little Nashville, IN  
Inst: Jeff Driggs, Scott Dobson, Dieter Brown, Naomi Pyle, Janet Kingery, Lois Bridges, Diana Manners  
Info: Naomi Fleetwood-Pyle  
812/579-6979  
[naomi\\_p@sbcglobal.net](mailto:naomi_p@sbcglobal.net)

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AOS = America on Stage

[www.americaonstage.org](http://www.americaonstage.org)

CCA = Clogging Champions of America

[www.ccadlog.com](http://www.ccadlog.com)

NCHC = National Clogging and

Hoedown Championships

[www.clog.org](http://www.clog.org)

### Mar 5-7

Smoky Mountain Encore (W,P,C)

Gatlinburg, TN

Gatlinburg Convention Center

Info: Lynne Ogle

(865) 675-1185

[ccalynne@aol.com](mailto:ccalynne@aol.com)

[www.smokymountainencore.com](http://www.smokymountainencore.com)

### Mar 6-8

Simone's E.P.I.C. Conference (W,P,C)

Pigeon Forge, TN

Inst: TBA

Grand Hotel & Conference Center

Info: Simone Pace

(864) 599-5678

[s\\_pace@bellsouth.net](mailto:s_pace@bellsouth.net)

[www.simonepace.com](http://www.simonepace.com)

### Mar 14

Winter Clogging Invitational (C)

(NCHC)

Saluda, NC

Info: Chip Summey

[Ncjcs@aol.com](mailto:Ncjcs@aol.com)

### Mar 21-22

SCCC Stampede Classic (C)

(ACHF)

Aiken, SC

Info: Dianne Loftin

(864) 962-9835

or Terry Anderson

(803) 642-5145

[dloftin01@charter.net](mailto:dloftin01@charter.net)

### Mar 27-28

Tennessee Clogging Classic (C)

(CCA)

Bristol, TN

Paramount Theatre

Info: Terry Glass

(423) 345-2710

[glasst@planet.com](mailto:glasst@planet.com)

### Mar 27-28

City Slicker Stomp (W,C)

Independence, MO

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Team Categories offered)

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Garden Inn

Info: Missy Shinoski

816-443-3030

[kloghop@sbcglobal.net](mailto:kloghop@sbcglobal.net)

### Apr 18-19

Northern Colorado Clogging

Championships (C)

(NCHC)

Fort Collins, CO

Info:

Marcie Powell

[marciop@psdschools.org](mailto:marciop@psdschools.org)

### Apr 4

Appalachian Pride Clogging

Competition (C)

(ACHF)

Greensboro, NC

Info: Brandi Moon

(336) 697-4031

[brandi.moon@smithmoorelaw.com](mailto:brandi.moon@smithmoorelaw.com)

### Apr 10-11

The Sizzlin' Stomp (W,C)

Knoxville, TN

Workshop & Mini Competition

Info: Kimberley Stafford

(865) 660-0325

[thesizzlinstomp@comcast.net](mailto:thesizzlinstomp@comcast.net)

[www.thesizzlinstomp.com](http://www.thesizzlinstomp.com)

### Apr 18

Southern Junction Clogging

Competition (C)

(ACHF)

Greenville, SC

Info: Gwen Davis

(864) 299-8601

### Apr 18-19

Northern Colorado Clogging

Championships (C)

(NCHC)

Fort Collins, CO

Info: Marcie Powell

[marciop@psdschools.org](mailto:marciop@psdschools.org)

### Apr 25

Clogfest 2008 (C)

(CCA)

Brevard, NC

Brevard Music Center

Info: Kevin Parries

(828) 687-8600

[ccakevin@aol.com](mailto:ccakevin@aol.com)

### May 1-3

Stompin' Ground Competition (C)

(ACHF)

Maggie Valley, NC

Info: Earl Powell, 828-891-3435

Lib Mills, 864-843-3825

Dianne Loftin, 864-962-9835

Lou Maiuri, 304-872-5803

[www.achf.net](http://www.achf.net)

### May 16

Dance Maytrix Gives Back(C)

Clog for the Cure

(CCA)

Gatlinburg, TN

Info: Lynne Ogle

(865) 675-1185

[ccalynne@aol.com](mailto:ccalynne@aol.com)

or Matt Sexton

(423) 676-1305

[dancexploggers@aol.com](mailto:dancexploggers@aol.com)

### May 16

Geranium Festival Clogging

Competition (C)

(NCHC)

Info: Pat Nelson

(770) 957-9567

[patnelson@bellsouth.net](mailto:patnelson@bellsouth.net)

### May 23-24

Kings Island World of Clogging

Championships (W,C,P)

Mason, OH (Kings Island)

Kings Island Resort & Conference Center

Competition Info: Jeff Driggs

(304) 776-9571

[ccajeff@aol.com](mailto:ccajeff@aol.com)

[www.doubletoe.com](http://www.doubletoe.com)

[www.cloggingcontest.com](http://www.cloggingcontest.com)

### Jun 12-13

Top Ten Championships (C)

(NCHC)

Ogden, UT

Eccles Conference Center)

Info: Vickie Neilson

(801) 771-7073

or (801)540-4385

[ultimatenrg@msn.com](mailto:ultimatenrg@msn.com)

### Jun 13

Grand Lake National Clogging

Contest (C)

(ACHF)

Grove, OK

Info: Kathleen Pixley

1-800-526-2523

Or Lou Maiuri

(304) 872-5803

### Jun 19-20

Grand Challenge of Champions

(C)

(NCHC)

Branson, MO

Info: David and Susan Phillips

(678) 889-4355

[clognchc@hotmail.com](mailto:clognchc@hotmail.com)

### Jun 27-28

United We Dance Clogging Chal-

lenge (C)

(CCA)

North Charleston, SC

Info: Matt Sexton

(423) 676-1305

[dancexploggers@aol.com](mailto:dancexploggers@aol.com)

### Jun 27

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tion (C)

(ACHF)

plus ACHF Certified Judges

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Maggie Valley, NC

Info: Earl Powell, 828-891-3435

Lib Mills, 864-843-3825

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Lou Maiuri, 304-872-5803

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### Jun 28

Explosive Clogging Champion-

ships (C)

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Info: Matt Sexton

(423) 676-1305

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### Jul 18

Carolina Hoedown Competition (C)

(ACHF)

Seneca, SC

Info: Lib Mills

(864) 843-3825

[lmills@seneca.sc.us](mailto:lmills@seneca.sc.us)

or Jeff Parrott

(859) 489-5190

[Jeffreysparrott@yahoo.com](mailto:Jeffreysparrott@yahoo.com)

### Jul 10-11

Southwest US Clogging Champi-

onships Invitational (C)

(NCHC)

Scottsdale, AZ

Info: Matt & Colleen Pearson

(925) 362-7105

[azpride1@cox.net](mailto:azpride1@cox.net)

### Jul 25

Orange County Fair (C)

(ACHF)

Orange, Virginia

Info: Frank (540) 760-3802

or Betty (540) 222-5751

### Jul 31 Aug 1

American Heartland Clogging

Classic Invitational (C)

(NCHC)

Liberty, MO

Liberty Performing Arts Theater

Info: Missy Shinoski

(816) 443-3030

[kloghop@sbcglobal.net](mailto:kloghop@sbcglobal.net)

### Aug TBA

Bluegrass State Clogging Com-

petition (C)

(CCA)

Morehead, KY

Info: Lynne Ogle

(865) 675-1185

[ccalynne@aol.com](mailto:ccalynne@aol.com)

### Aug TBA

Bama Blast (C)

(CCA)

Oxford, Alabama

Info: Shannon South

or Linda Norris

(205) 487-0335

[cloggingchic@clogdancing.com](mailto:cloggingchic@clogdancing.com)

### Aug 1

Summer Fest Competition (C)

(ACHF)

Greenville, SC

Info: Dianne Loftin

(864) 962-9835

[dloftin01@charter.net](mailto:dloftin01@charter.net)

### Aug 15

Foothills Clogging Challenge (C)

(ACHF)

Lenoir, NC

Info: Jill Kirby

(828) 396-2052

### Sept 4-6

Traditional Workshop & Competi-

tion (W,C)

plus ACHF Certified Judges

Training

Fontana, NC

Info: Bill Nichols

(864) 855-9653

### Sept TBA

USA National Clogging Champion-

ships

Info: Chip Summey



# Steps in Time

A 1981 Article about Clogging Is a Lesson in the History and Recent History of the Dance

*The editors at Mother Earth News, a website dedicated to live life wisely, shared their thoughts on their experience in clog dancing in an article penned back in 1981. It is interesting to see how much about clogging has remained unchanged and also how much it has changed. Note The "shuffle" described in this article is now commonly referred to as a "double-toe." You'll also get a kick out of the 1981 prices on a pair of clogging shoes at the end of this piece. Enjoy!*

A mysterious disease characterized by an uncontrollable desire to spend hours dancing frantically to bluegrass music is filtering out of the mountains, and now you can learn how to participate.

A mysterious disease—characterized by an uncontrollable desire to spend hours dancing frantically to bluegrass music—is filtering out of the western North Carolina mountains. It's ... The Southern Appalachian Cloggers in action.

It's hard to say exactly when it happened, but a number of Mother Earth News staffers have gone and got themselves bitten by the clogging bug. The whole thing may have started when we admired the Southern Appalachian Cloggers in action at a seminar last year. But then, it may also have been prompted by a wistful desire to join in on the action at Bill Stanley's ...a bluegrass-and-barbecue spot in nearby Asheville, North Carolina. At any rate, by the time the annual Mountain Youth Folk Festival rolled around in the spring—and the Asheville Civic Center was packed with petticoat-layered and denim-clad youngsters dancing their hearts out -- our crew was distinctly envious ...we had clogging fever.

Well, it wasn't long before some of us decided to look further into the history of the old-time Appalachian dance form and to learn a few steps (Which we'll pass on to you later in this article). After all, clogging's fun ...it's sociable ...it's downright lively ...and almost anyone can learn how to do it. In fact, we'll almost stake the ranch that—by the time you finish reading this armchair guide to clogging—you'll be itching to put your feet to the test.

## THE ORIGINS OF CLOGGING

Clog dancing probably had its roots in the traditional

fancy steps of the Irish, Scotch, and English immigrants who settled in the Appalachian Mountains. One historian has suggested that the dance originated in the mill towns of England ...where workers—who commonly wore stout wooden-soled shoes would go out into the cobblestone streets during their lunch breaks and hold impromptu dancing contests.

The steps developed by those factory laborers—along with the hornpipes, jigs, and reels of the Anglo-Saxon cultures were then influenced, in the New World, by the heel-and-toe-accented rhythms of Cherokee ceremonial dances and the routines performed by blacks in minstrel and medicine shows. It's out of this synthesis, many people believe, that "buck and wing" or "buck" dancing was born.

Performed by one person, usually to the plaintive strains of mountain fiddle music, buck dancing features close-to-the-ground lateral foot movement, with the torso held fairly stationary. (In fact, some of the old time buck dancers prided themselves on their ability to "go it" with water-filled teacups balanced on their heads.)

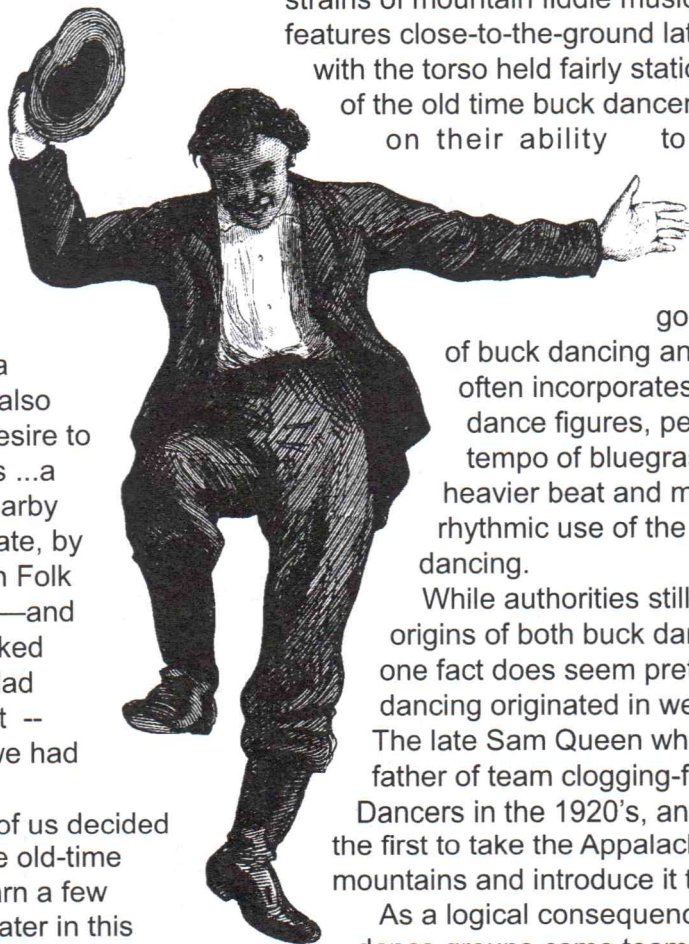
Modern clogging resulted—the theory

goes from a combination

of buck dancing and square dancing. It often incorporates traditional square dance figures, performed to the quick tempo of bluegrass, but features a heavier beat and more emphasis on the rhythmic use of the heel than does buck dancing.

While authorities still debate about the origins of both buck dancing and clogging, one fact does seem pretty sure: Clog team dancing originated in western North Carolina. The late Sam Queen who is regarded as the father of team clogging-formed the Soco Gap Dancers in the 1920's, and that act was among the first to take the Appalachian art out of the mountains and introduce it to a wider public.

As a logical consequence of the formation of dance groups came team competition ...and the first such event occurred in 1927, on the Asheville town square, when five different clubs vied for honors. (Ever since that time, clogging competition has been included in the annual Asheville Mountain Dance and Folk Festival, the oldest gathering of its type in the nation.)





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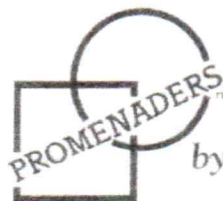
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However, during the early days when these teams were assembling, mountain hoofers still referred to their style of dancing as “buck dancing”, “flatfooting”, or “square dancing”. It wasn’t until a number of years later that the pastime and the name by which we know it got together.

In 1939 the Soco Gap Dancers—along with the Coon Creek Girls from Pinchem Tight, Kentucky—were invited by President Roosevelt to perform at the White House while the King and Queen of England were visiting. Queen Elizabeth (the present monarch’s mother) who, it’s reported, tapped her foot eagerly during the exhibition—remarked, “Why, that’s just like our clogging” . . . and the name is still applied to the dance style that Sam Queen’s group made famous.

### DEFINITION OF TERMS

There are two types of clogging: freestyle and precision. The former—considered to be the more traditional of the two styles—features free-flowing and improvised steps. Precision clogging, on the other hand, is a relatively new development in the dance form. It was originated in the late 1950’s by James Kesterson of Henderson County, North Carolina, who—in an attempt to modernize the dance and make it more interesting to audiences—developed set routines and standard calls for his Blue Ridge Mountain Dancers.

Needless to say, there’s some resistance among clogging purists to the notion of precision footwork. Such folks feel that the “homogenization” of the steps, terminology, and calls may cause the art to lose much of its individuality and its charm ...and tend to blur a significant piece of our mountain heritage.

### SETTING THE STAGE

There’s an old saying that clogging is “caught, not

taught”. Nevertheless, our fledgling dancers signed up for a few lessons at the local YWCA, and we found that the steps we learned in our classes were valuable in giving us a reference point to work from.

All you really need to get started are a record or tape with a thumping 4/4 beat, a smooth-surfaced floor (with a lot of room), and a pair of comfortable (but not too loose-fitting) hard-soled shoes. (We recommend that beginners locate a recording of “The Battle of New Orleans”, since it has the requisite beat but is slow enough not to be discouraging.)

You’ll feel awkward at first, but remember that speed comes only with practice ...and that your pace will pick up as you become familiar with the motions. (One of the Southern Appalachian Cloggers told us that she polishes her frenetic footwork by putting on a pair of heavy sweat socks and working out for an hour—every evening—on the linoleum in her kitchen.)

### SHUFFLE, ONE, TWO, THREE ...

Once you’ve mastered three principal clogging steps, you can piece them together

to form all kinds of impressive routines. The easiest step is the chug. The name is derived from the fact that both its sound and appearance are reminiscent of an old-timey locomotive, and it’s done like so: Stand with your feet slightly apart and slide/hop forward bending your knees and moving both feet at the same time—and then slide/hop back into place as you straighten your knees. That’s all there is to it ...forward and back, forward and back. The chug is a particularly good movement to use when you’re just getting warmed up and want to feel the rhythm of the music. (It does wonders for lazy thigh muscles, too!)



A second clogging step is the .single shuffle, which somewhat resembles a basic tap dancing move. To do it, lift one foot slightly above the floor, scuff the ball of the foot forward, and then brush it back ...this results in a kind of two-beat tap. After you’ve shuffled that foot, stand on it. Now, lift and shuffle the other foot, and then step down on it. (You may want to keep yourself on track by reciting “shuffle-step, shuffle-step” while learning this one.) Practice the move until you’re comfortable, at which point you can proceed to the basic clogging step, a four-beat piece of footwork.

The basic step combines the shuffle with three well-timed stomps. Start by doing a shuffle with your right foot ...then bring your right foot down firmly (as in the single shuffle) ...follow that by repeating the



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stomp with your left foot ...and finish up by putting your weight back on your right foot. (A count of “shuffle, one, two, three” is useful for marking time.) Now, you are ready to repeat the same sequence, starting with the left foot: shuffle (left), stomp (left), stomp (right), stomp (left) ...and so on, alternating the leading shuffle between right foot and left foot as you go. (Professional cloggers often add an extra accent—by stepping with more authority—to the second and fourth beats.)

There's some controversy, in clogging circles, about whether the arms should be used as you dance. It's true that many of the old time buck dancers keep their upper bodies virtually immobile while their feet go mad ...but some folks find that arm movements help them both keep their balance and get into the mood of the music. See how it feels to you, and go with whatever “body English” you like best.

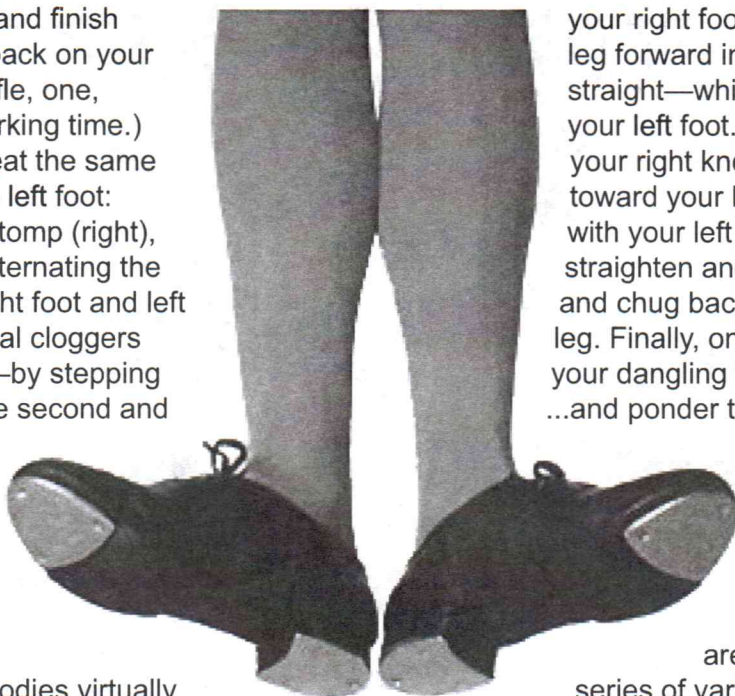
While you are practicing these rudimentary clogging steps, you'll like as not wonder, at times, whether you'll ever be able to dance in a public place without counting aloud. Rest assured, confidence will come with time. (Full-length mirrors—although they can make you feel foolish at first—do allow you to see what you're doing ...and perhaps even correct it! )

When you're working on getting the basic feel of clogging, it may help to bear in mind a piece of advice that Poochey King (the female half of the Southern Appalachian Cloggers' lead couple) offers to novices: “It's all in the knees and the heels. If you concentrate on keeping your knees loose and remember to mark time with your heels, you will learn to clog.”

## FLYING FEET

After you feel competent at chugging, single shuffling, and basic stepping, you can set your sights on learning some really fancy footwork. While it'll probably seem impossible, in the beginning, to nudge your feet into the awkward configurations called for in advanced clogging steps, these “frills”, too, will soon become second nature.

Perhaps the most impressive step is the Earl (it's also known as the Bertha or crossover ...clogging terminology varies from region to region). The Earl is a combination chug and hornpipe step, and it looks particularly flashy when performed by a person who has long legs. Here's how it's done: Clog a few basic steps to pick up the rhythm ...then, when it's time for



your right foot to shuffle, extend that leg forward instead with the knee kept straight—while you chug backward on your left foot. On the second beat, bend your right knee and bring your foot in toward your body, and chug forward with your left foot. For the third beat, straighten and extend your right leg and chug backward again on your left leg. Finally, on the fourth beat, place your dangling foot safely on the ground ...and ponder the intricacies of a step that

requires your body to be moving in so many different directions at one time. The Earl may be repeated from side to side ...and some folks are able to whip off a dazzling series of variations on the crossover.

The chicken (the origin of the name will become quite evident when you see this step performed) is a maneuver that is really not too difficult but is tiring. To do the step (it doesn't matter which foot you start with), chug back and forth on one leg ...twirling your other foot in a circle behind you, in time to the music. When performed correctly, the chicken has a syncopated rhythm, sounding like chug, tap (the second beat coming each time the circling foot touches the floor), chug, tap, chug, tap.

Another (relatively straightforward) clogging move that you might want to learn is the kick. To perform it, first get into the swing with several basic clogging steps (shuffle, one, two, three ...remember?). Then, when it's time to shuffle your right foot, step forward with it instead—elevating your left—and step back quickly on your left foot as you kick smartly with your right. (It's akin to a rocking motion.) Finish the figure with an expressive right-left-right stomp. You can dance a few more basic steps to get back into the rhythm of the music, and then substitute a kick for a left shuffle. The sideways chug is particularly useful for moving yourself laterally. (This is the step you'll often see freestyle dancers use when they're really “getting down” to the music.) All you do is slide; hop to the side with one foot ...while pushing off with the other foot. (Incidentally, it's a good idea to develop some degree of mobility when you're practicing all of your moves clogging forward, backward, in circles, and side to side—so you'll be able to fit in with ease on the dance floor or apply your newfound expertise at a square dance.)

There are plenty of other fancy clogging steps (you can always dress up one of the simpler moves with a



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kick or so), and once you feel proficient, you can even develop a few of your own. Most of the variations are founded on the basic chug, with rhythmic taps and shuffles added. The best way to improve your repertoire is to watch dance teams in action and figure out their steps. And don't be shy about seeking the counsel of any professionals (if you're lucky enough to have such folks in your area): Our cloggers have found that the team members—who are usually glad to see new interest in a too-long-neglected mountain art—are extremely helpful and like to give pointers.

### EQUIPMENT

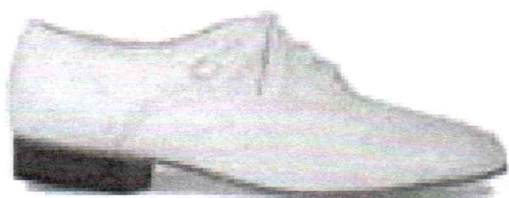
While hard-soled shoes, loose clothing, and lots of room are the only clogging essentials, you may well find that tap equipped foot gear will help you progress more rapidly. For \$5.00 to \$10.00 you can have a set of heel-and-toe taps affixed to a pair of shoes (make sure they fit securely), or—in some areas—women can buy Mary Jane-style dancing slippers with taps already in place, for between \$20 and \$30. (*Remember, this is a nostalgia article and these are 1981 prices*) Most men simply have taps attached to a pair of leather-soled oxfords. Shoe repair shops or dancing apparel stores are likely sources of taps.

The cloggers in western North Carolina favor what are called jingle taps: distinctive sounding noisemakers with a movable circle embedded in the center of each metal plate.

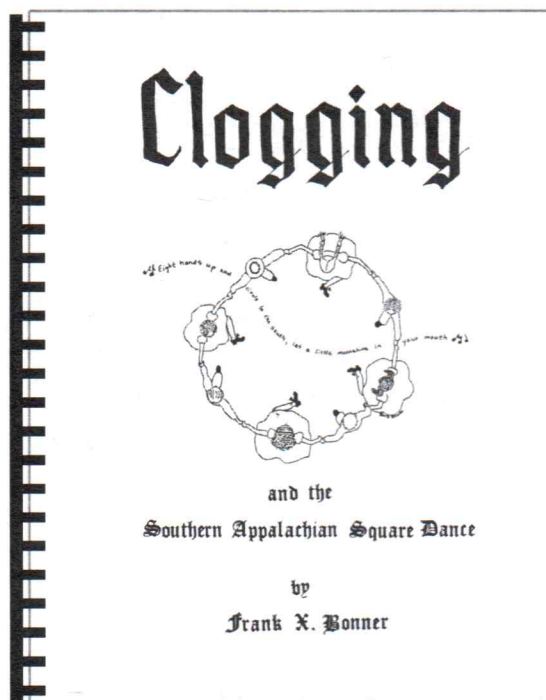
If you do add the click makers to your foot gear, keep in mind two points: Taps will mar the surface of finely finished hardwood floors ...and they'll wear loose (resulting in flying pieces of metal and, perhaps, twisted ankles) if you dance often on concrete. Should you find your tap-fitted shoes to be a mite too slick to control on your customary dancing surface, take a tip from the Southern Appalachian Cloggers: A small strip of masking tape-fastened across the sole of each shoe below the toe tap-will improve your traction.

### WHAT ARE YOU WAITING FOR?

Now that you've learned the origins of this traditional form of mountain dancing and have gotten a few pointers on how to get started, the rest is up to you—Learn the rudimentary clogging steps, practice them diligently (the accompanying sidebar contains a list of bluegrass albums that'll help get your feet moving), and who knows ...you may be the belle or beau of a barn dance or corn shucking in your area this fall!



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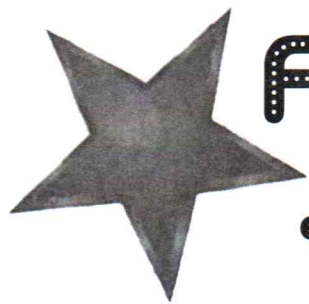
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# FAMOUS FOOTSTEPS

**Chronicling the famous, not-so-famous and some even infamous people in history who also clog dance**

## Pretty Penny Left Beautiful Legacy

from a story by Mike Mooneyham

Few people embrace life the way Penny Banner did. A legend in the pro wrestling world, a wife and mother and a clogger by hobby, her passing last year at the age of 73 brought to an end a life filled with adventures

"When I think of my dear friend Penny, I think of '57 Chevys, poodle skirts and rock and roll. God bless her. She was the eternal teenager right up until she left this earth," Pro Wrestling Champion and Hall of Famer Les Thatcher said.

Penny Banner's accomplishments in the wrestling business could fill a book, as they did a few years ago in her autobiography, "Banner Days." She was the first AWA world women's champion during the early '60s and was perennially ranked among the top two or three female performers in the business during a career that spanned from 1954-77.

The St. Louis native also was a diva long before the wrestling world even considered such a term. The focus of women's wrestling back then was skill, ability and toughness, not sports entertainment, titillation and eye candy, all staples of today's product. Penny, though, combined wrestling skill, raw athletic ability and glamorous looks to produce the total package. A drop-dead gorgeous blonde bombshell, she easily could have been the queen of the divas in the current incarnation of the

profession.

But an amazing 50 years ago she was a queen of the mat. It was a golden era for the profession, and she was a pioneer who helped usher in the Golden Age of Women's Wrestling.

Dick Beyer, who achieved worldwide acclaim as The Masked Destroyer, broke into the business around the same time as Penny. Twenty-four years old and just out of college, he started pro wrestling at Al Haft's gym in Columbus, Ohio.

"There was a very good-looking blonde by the name of Penny Banner training in the same gym," he recalled. "Needless to say, I had a difficult time trying to concentrate on my training when I just wanted to put my favorite wrestling hold on Penny, 'the double lip lock.' I never saw much of Penny during my 39 years of wrestling, but for the last several years we had plenty of time at the CAC (Cauliflower Alley Club) reunions to visit and tell stories about our separate careers."

"She was beautiful, well-tanned, strong, yet wholesome with class," is how former mat great Cowboy Bill Watts described Penny.

Jody Hamilton, who



**1956 Calgary Stampede Float**



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formed half of one of wrestling's most successful tag teams of the '60s and '70s, The Masked Assassins, said Penny's striking beauty was even greater on the inside. She was, he said, one of the very few people in the business he loved and trusted implicitly.

"Penny was beautiful not only on the outside, but on the inside," Hamilton said. "I measure beauty more by inner beauty than outer beauty. She was a knockout on the inside as well."

Many folks share his sentiments. Penny had a unique style that was endearing. One of her suitors in the early years was Elvis Presley, whom she dated several times over a three-year period. The king of rock 'n roll became a regular for Penny's matches in Memphis and would invite her to his Graceland home after the shows. "We'd kiss all night long while the guys (the 'Memphis Mafia') played pool," Penny would recall.

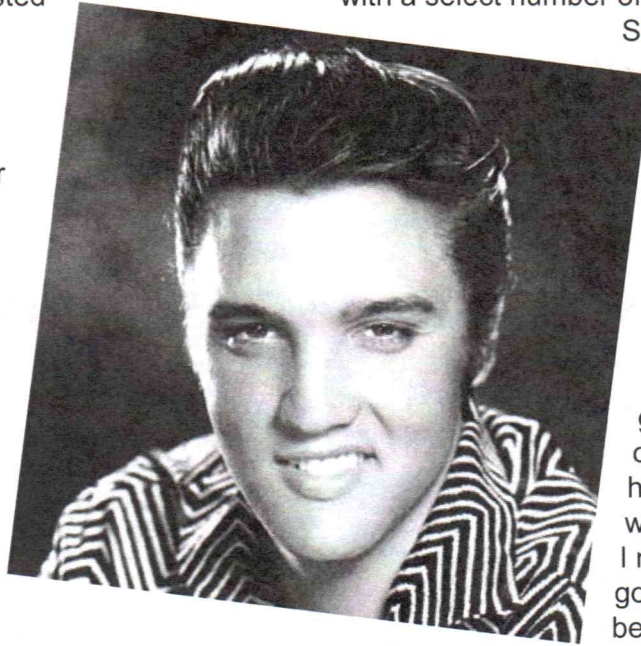
Penny, indeed, was captivating. Graceful, beautiful and talented, she was as athletic as most of her male counterparts. She also married the territory's top star, Johnny Weaver, and that fact made her even more of a fan favorite.

But Penny, who had a six-year run as a heel before marrying Weaver, whom she had met in 1959 in the St. Joseph, Mo., area, lamented that she had to play the role of a babyface when the Weavers moved to Charlotte in the mid-'60s. It was fairly common knowledge among fans that the two were married, and promoters demanded that she work as a crowd favorite.

"I could have been the Buddy Rogers of women's wrestling," she once said. "I'm the first girl who started wearing two-piece bathing suits in the ring. I always tried to do something to be memorable and different — something more than just flying mares and dropkicks."

She and Weaver, who was one of promoter Jim Crockett Sr.'s most popular stars during the '60s,

also made a pact that she wouldn't work a territory that he didn't. With Weaver firmly entrenched in the Mid-Atlantic wrestling office, Penny's career became limited to dates in the Carolinas and Virginia, working with a select number of women.



Surprisingly enough, Penny never fully knew just how good she was. She once confided that she wished she had realized it years ago while still in the business. But it was tough being a woman in the sport then, and she admitted being scared and nervous at times.

"If I had known I was that good, I would have really put on a show," she joked. "I would have been like Buddy Rogers. I would have gotten confidence. I never thought of me as being good. I guess I always wanted to be a perfectionist."

"She was so well respected by her peers — not only as a person, but for her tremendous physical ability in the ring," said Hamilton. "It was well known among her peers that she was a tremendous icon in our profession, but she never let that go to her head. She was always Penny."

What you saw was what you got."

Penny's wrestling days ended more than 30 years ago, following an illustrious 23-year career, but she found joy in many other facets of life. She began working in real estate in 1977 and made a comfortable living at it. She joined the Senior Olympic Games at age 56 and captured a shelf full of medals and trophies to show for her efforts. She loved to dance and sing karaoke with friends.

One of Penny's favorite past-times were her clogging lessons. Her

love of the dance was something that she proudly shared with everyone and she was an exuberant and joy-filled performer. Her years of physical training made her a natural dancer.

Penny continued to champion the cause of serious women performers, and she never broke kayfabe. She always maintained the purity of the sport and her own



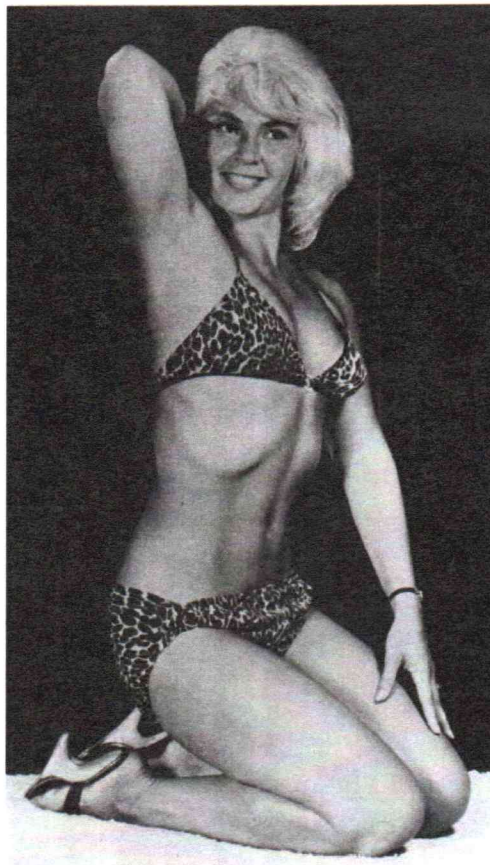


image, paving the way for all the girls who followed.

She would joke when recalling how she and other lady wrestlers from her generation had to sew elastic around the legs of their suits to be sure their cheeks didn't hang out. "Now, anything can hang out," she'd laugh.

Penny, who was born Mary Ann Kostecki in St. Louis on Aug. 11, 1934, was inducted into the Professional Wrestling Hall of Fame in 2005 and the St. Louis Wrestling Hall of Fame in 2007. This summer she was set to receive the Frank Gotch Award at the George Tragos/Lou Thesz Professional Wrestling Hall of Fame in Waterloo, Iowa, the first woman to be so honored.

Always upbeat and positive with a youthful exuberance, Penny was never anything but the life of the party who would brighten up a room when she was in it. "The pleasure of her company



PENNY BANNER  
A.W.A. LADIES WORLD CHAMPION WRESTLER

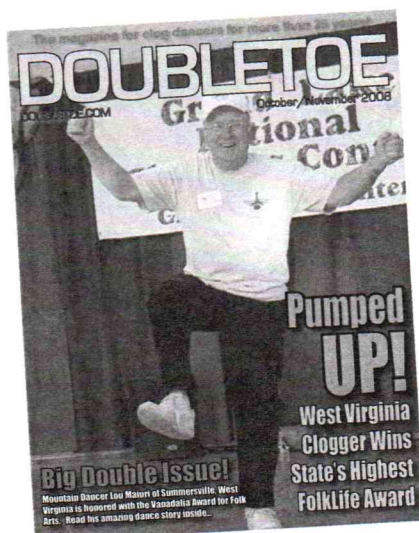
was not an experience to be forgotten," one acquaintance said of her outgoing personality. There was no pretense about Penny. She never failed to offer words of encouragement.

Penny had been diagnosed with peritoneal cancer in late 2005. Penny had valiantly battled the disease, but suffered a relapse last January. Up until the end, though, Penny's friends remained optimistic that she would win her final battle. "So many good things have happened to me that I didn't ask for. I'm so green about so many things, but I've been so blessed," Penny once said.

*If you know of a famous person (living or deceased) who was also a clogger or clogging enthusiast, let us know about it by emailing us at [doubletoeimes@aol.com](mailto:doubletoeimes@aol.com). Your story idea may be featured in an upcoming edition of the Double Toe Times Clogging Magazine.*

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 Cue Sheet Written by Trevor DeWitt - www.clogdancing.com

## Sequence: Intro C A C B A C B Break Intro B A C Slow Intro

### Intro

Ida Wrong

|           |      |    |    |         |    |    |      |
|-----------|------|----|----|---------|----|----|------|
| DBL(back) | BRUP | DS | RS | RS(ots) | DS | RS | BRUP |
| L         | L    | L  | RL | RL      | R  | LR | L    |
| &1        | &2   | &3 | &4 | &5      | &6 | &7 | &8   |

High Horse

|    |         |         |    |    |    |       |    |    |    |
|----|---------|---------|----|----|----|-------|----|----|----|
| DS | DB(xif) | DB(ots) | R  | S  | S  | SLIDE | DS | DS | RS |
| L  | R       | R       | R  | L  | R  | R     | L  | R  | LR |
| &1 | &2      | &3      | &4 | &5 | &6 | &7    | &8 |    |    |

### Part A

Rooster Run

Only Wanna Turn

|    |         |         |         |    |        |               |    |   |      |
|----|---------|---------|---------|----|--------|---------------|----|---|------|
| DS | DS(xif) | RS(xib) | RS(xif) | DS | DBUP/H | (TURN ½ LEFT) | RS | S | LIFT |
| L  | R       | LR      | LR      | L  | R      | L             | RL | R | L    |
| &1 | &2      | &3      | &4      | &5 | &6     | &7            | &8 |   |      |

Joey Slide

|    |        |        |        |        |        |   |    |    |    |    |    |    |
|----|--------|--------|--------|--------|--------|---|----|----|----|----|----|----|
| DS | S(xib) | S(ots) | S(ots) | S(xib) | S(ots) | S | S  | SL | S  | SL | DS | RS |
| L  | R      | L      | R      | L      | R      | L | R  | R  | L  | L  | R  | LR |
| &1 | &      | 2      | &      | 3      | &      | 4 | &5 | &6 | &7 | &8 |    |    |

REPEAT TO FRONT

### Part B

4 Count Vine

Heel Lift

|    |         |         |         |              |      |    |    |
|----|---------|---------|---------|--------------|------|----|----|
| DS | DS(xif) | DS(ots) | DS(xiB) | DB/HEEL(ots) | LIFT | DS | RS |
| L  | R       | L       | R       | L            | R    | R  | LR |
| &1 | &2      | &3      | &4      | &5           | &    | 6  | &7 |

Turn ¼ left

Hard Step

Triple

|           |      |    |    |    |    |    |    |
|-----------|------|----|----|----|----|----|----|
| DBL(back) | BRUP | DS | RS | DS | DS | DS | RS |
| L         | L    | L  | RL | R  | L  | R  | LR |
| &1        | &2   | &3 | &4 | &5 | &6 | &7 | &8 |

Turn ¼ left

REPEAT TO FRONT

### Part C

Ky Drag Basics

Dragger Back

Moving forward

|    |      |        |    |    |    |      |        |    |    |
|----|------|--------|----|----|----|------|--------|----|----|
| DS | DRAG | S(xif) | DS | RS | DS | DRAG | S(xif) | DS | RS |
| L  | L    | R      | L  | RL | R  | R    | L      | R  | LR |

|    |         |      |    |      |    |    |    |    |
|----|---------|------|----|------|----|----|----|----|
| DS | DS(xif) | DRAG | RS | DRAG | RS | DS | DS | RS |
| L  | R       | R    | LR | R    | LR | L  | R  | LR |
| &1 | &2      | &    | 3  | &4   | &5 | &6 | &7 | &8 |

### Break

MacNa Turn &

Push

|    |      |    |    |   |   |                  |      |    |    |    |    |
|----|------|----|----|---|---|------------------|------|----|----|----|----|
| R  | HEEL | S  | S  | S | S | TOE(TURN ½ LEFT) | BRUP | DS | RS | RS | RS |
| L  | R    | R  | L  | R | L | R                | R    | R  | LR | LR | LR |
| &1 | &    | &2 | &3 | & |   |                  | 4    | &5 | &6 | &7 | &8 |

Cowboy

|    |    |    |    |    |         |    |    |    |   |   |   |
|----|----|----|----|----|---------|----|----|----|---|---|---|
| DS | DS | DS | BR | SL | DS(xif) | R  | S  | R  | S | R | S |
| L  | R  | L  | R  | L  | R       | L  | R  | L  | R | L | R |
| &1 | &2 | &3 | &  | 4  | &5      | &6 | &7 | &8 |   |   |   |

REPEAT TO FRONT

King Stamp

|    |       |        |        |    |       |
|----|-------|--------|--------|----|-------|
| DS | S(ib) | s(ots) | s(ots) | BR | Stamp |
| L  | R     | L      | R      | L  | L     |
| &1 | &     | 2      | &      | 3  | &4    |

### Slow

Turn 360 right

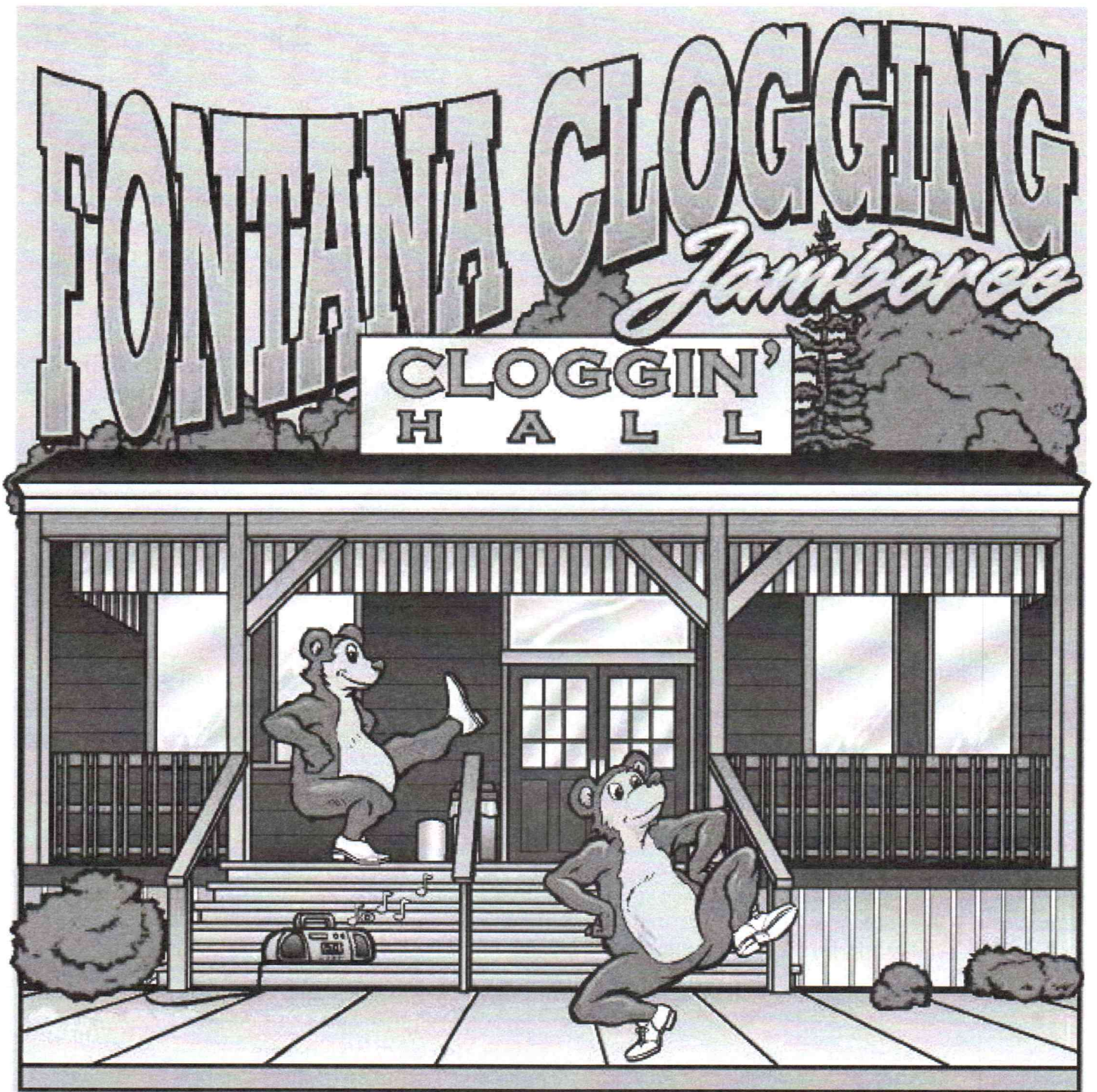
|        |             |        |     |        |             |         |
|--------|-------------|--------|-----|--------|-------------|---------|
| S(ots) | S(together) | S(ots) | Tch | S(ots) | S(together) | S Touch |
| L      | R           | R      | L   | L      | R           | LR      |
| &1     | &2          | &      | 3   | &      | 4           | &5      |

Repeat to face front

Waltz Tempo moving forward

|        |   |   |        |   |   |       |            |
|--------|---|---|--------|---|---|-------|------------|
| S(xif) | S | S | S(xif) | S | S | Pause | Bow slowly |
| L      | R | L | R      | L | R |       |            |
| 1      | & | 2 | 3      | & | 4 |       |            |





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# Clogging = Brain Food?

by Deb Garley Bend, OR

After a clogging performance I asked a friend of mine what she thought. She said clogging would never be for her because just watching it made her brain tired. I thought that an odd response until I figured out that she had looked past the dancing, and picked up on the listening skills involved and the strings of information that must be committed to memory. For her, that outweighed the happiness of the music and the joy of dancing. What she didn't realize is that the brain exercise involved in clogging could be just what the doctor ordered.

When I first started to learn to clog, my instructor, Loy Sampels, told me I would need to learn to listen. Having attended school for many years, and been told that by many, many teachers, I was confident that here at least was one thing I had down. I was surprised to learn how wrong I was.

Clogging is taught by learning a moderate list of basic steps. First we watch while the step is demonstrated, then we listen to the instructions of how the step is broken down into simple movements and then we listen while the beat is counted out. Then we try to do the step very slowly to convince our feet that the brain understands. We do the step repeatedly, until we can remember the name of the step and the sequence of movements. Then the music is added and the count or rhythm is reinforced. We repeat the process slowly at first and then build up speed over many repetitions.

When more complex steps are taught they are really just simple steps strung together, but it involves more concentration, more memory and better general conditioning. We all laugh sometimes at how the brain can understand a step but we just can't get the feet to cooperate. Sometimes it takes many attempts before we can get the feet to be on our side. We are

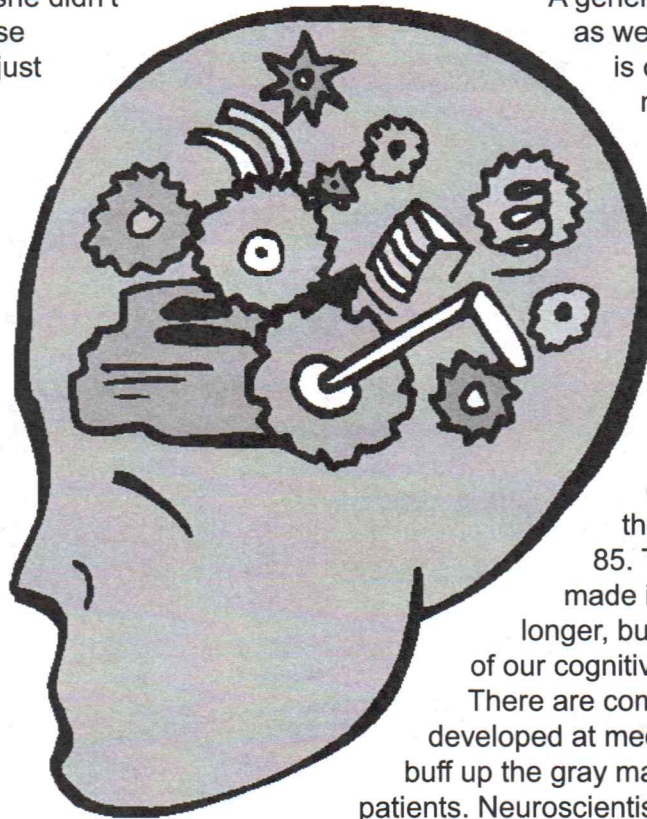
conditioning our brains as well as our bodies.

The experts tell us that the brain shrinks as we age and the cerebral cortex thins. The ability to learn declines and the speed with which we can access information lessens. In addition to the normal wear and tear brought on by age, we may experience fatigue, pessimism and loss of confidence. We may ultimately start avoiding interactions altogether. Now however, new research is proving that this does not have to be the inevitable price paid for a long life.

A generation of "baby boomers", as well as those even older, is on Orange Alert for the minor memory lapses that foreshadow cognitive breakdown. Many have watched their parents decline and want to do whatever they can to avoid joining the ranks. It is known that more than 50% of Americans will experience significant cognitive impairment including in some cases, full blown dementia, by the time they reach the age of 85. The science of medicine has made it possible for our bodies to live longer, but can we prolong the useful life of our cognitive abilities?

There are computer programs being developed at medical research centers to help buff up the gray matter of a generation of older patients. Neuroscientists are proposing that brain fitness can help to reverse the toll of aging on the brain and even to cure schizophrenia. Tests have shown that 80 year olds using computer programs can bring their cognitive skills in line with someone decades younger. Testing has also documented significant improvement in memory.

The computer program is based on the concept that learning depends on the mind's ability to: listen, concentrate, and remember. Improvement begins with a regimen that starts with training the auditory system, then adds visual input and ramps up to more complex tests of information processing. Then targeted intensive and highly repetitive practice in a disciplined exercise is meant to overhaul the way the brain receives and interprets information





which ultimately helps improve the efficiency of how information is stored. Then they increase the speed. Sound familiar?

The physical result, according to the research, is greater blood flow in the hippocampus region of the brain and improved release of neurotransmitters like dopamine, serotonin and norepinephrin which enable plasticity.

Mental abilities show a marked improvement after intensive and progressive cognitive training. Auditory processing, working memory and language skills have all shown improvement.

Sounding more familiar all the time.

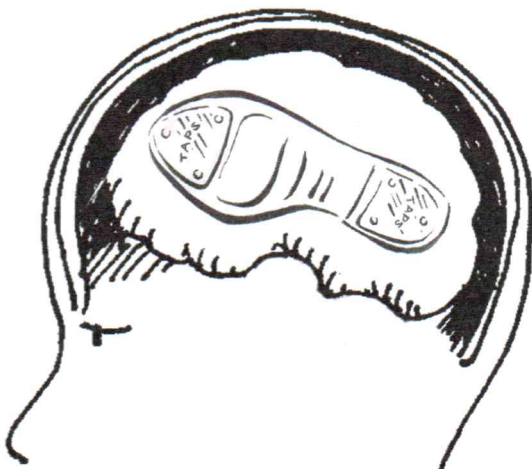
They have also found out that success must be reinforced. We all know that learning needs encouragement. The programmers struggled in how to provide positive feedback, people became annoyed by a cheering computer. In clogging we know where the positive feedback comes from. We have all experienced the joy, or watched with a smile when someone throws their hands in the air and yells "I've got it, I've got it at last!" The joy is built in.

Some of the shortcomings of the computer program are: keeping participant's interested, the duration of the improvements, the tests being too passive or tedious, translating the improvements to the real world, and creating real changes in behavior and perception.

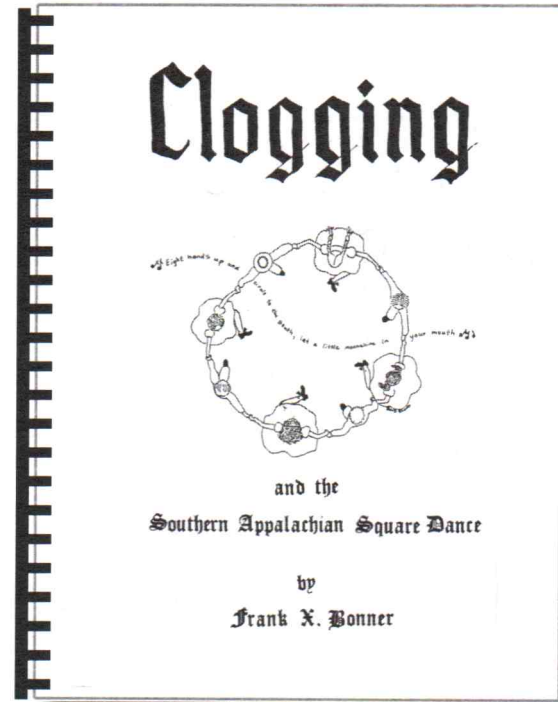
In clogging we solve those problems by dancing country to hip hop, going twice a week, tapping our toes, and living in the real world.

Nothing is going to make us 20 again, and those short personal vacations our minds take will still happen. We're hoping dance gives us the gift of fitness for both the body and the mind so we can enjoy, all the days we have, to their fullest.

Rigorous scientific insight may prove that willed attention can improve concentration and memory. We know that we create ourselves, from the inside out, each and every day of our lives.



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DS R S DS BR SL DS R S R S R S  
L R L R L R L R L R L R L  
&1 & 2 &3 & 4 &5 & 6 & 7 & 8

# Right on Cue

## Krazy

Intermediate – Hip Hop  
Choreo: Scotty Bilz, CCI  
By: Pitbull & Lil John

Sequence: Intro, Chorus, Break, A  
Chorus, Break, A, B  
Chorus, Bridge, B  
Chorus, Bridge, B

### **Intro: 32 Beats**

#### Chorus

2 Basics

DS RS DS RS S SK H S SK H S SK H S SK H

4 Skuff

L RL R LR L R L R L R L R L R L R

Joey

DS B B B B B S Dbl(XIB) Spin on H's S RS

Spin Move

L R L R L R L R R-L R LR

B.S. Canadian

Dbl Dbl Hop Tch Dbl Dbl Hop Tch DB DB Dbl Dbl Hop Tch  
L R L R R L R L L R L R L R

*Repeat Opposite Foot*

#### Break

Kick Josh

S Kick Fwd Back (Mule Kick) Kick Fwd Stomp DS DS RS  
L R R R R L R LR

#### Part A

2 Kickers

Dbl Kick(OS) B(XIB) B B(XIF) B Step Repeat  
L R R L R L R

Hey Hey

Dbl Bounce-Bounce Chug Dbl Bounce-Bounce Chug

You You,

L L(XIB) R R R(XIB) L

2 Single Tch

S Dbl S Tch S Dbl S Tch Chug *turn ½ left – Repeat to face front*  
L R R L L R R L L

#### Part B

Kick Boxer

S S S Kick – Huh! x3 Dbl out-cross out-cross out-together chug

Scissors

L R L R L L-R L-R L-R L

#### Bridge

Over the Log

S S Clap S S Clap SH SH SH SH

Fwd & Back

L R L R LR LR LR LR

Cowboy

DS DS DS Br Sl DS RS(XIF) RS(XIF) RS(XIF)  
L R L R L R LR LR LR



# 9 TO 5 (Live Version)

Song: Same by Dolly Part (Live Version from *Backwoods Barbie*)

Choreo: Sam Gill, 475 Spencer, Ferndale, MI 48220 (248) 414-3975

Beginner / Basic

Sequence: A – B – Break – A – B – End

Length: 2:46

[clogteachr@wowway.com](mailto:clogteachr@wowway.com)

Begin: Left Foot Wait 8 Beats

## PART A

DS(ots)-DS(xif)-DS(ots)-DS(xib)-DS(ots)-DS(xif)-DSRS  
LL RR LL RR LL RR LLRL

Clog Over Vine

DS - &/Kick (turn ½ RIGHT) – RS - &/K  
RR L LR L  
&1 & 2 &3 & 4

Karate Rock

DS – DS – RS – RS

Fancy Double

DS(ots)-DS(xif)-DS(ots)-DS(xib)-DS(ots)-DS(xif)-DSRS

Clog Over Vine

DS - &/Kick (turn ½ RIGHT) – RS - &/K  
RR L LR L  
&1 & 2 &3 & 4

Karate Rock

DS – DS – RS – &/&  
LL RR LR

Double Basic Pause

## PART B

DS – Tch (if)/H – Toe / Heel – R / S  
LL R L R R L R  
&1 & 2 & 3 & 4

Charleston

DS – RS – RS – RS  
LL RL RL RL  
&1 &2 &3 &4

Push Off (Chain Rock)

DS – Tch (if)/H – Toe / Heel – R / S

Charleston

DS – DS – DS – RS (turn ½ RIGHT)

Triple

DS – Tch (if)/H – Toe / Heel – R / S

Charleston

DS – RS – RS – RS

Push Off (Chain Rock)

DS – DS – DS – RS

Triple

Drag / Slide – Drag / Slide – Drag / Slide – Drag / Slide  
Both Both Both Both  
& 1 & 2 & 3 & 4

Shuffle

\*\*\* REPEAT TO FACE FRONT \*\*\*

## Part BREAK

2 DS - & / Slur – DS – B/E (LEFT & RIGHT)

Slur & Brush

## Part END

DS – Tch (if)/H – Toe / Heel – R / S

Charleston

DS – Dbl (up) / H – Dbl (up) / H – RS  
LL R L R L RL  
&1 & 2 & 3 &4

Double w/a Rock Step

DS – Tch (if)/H – Toe / Heel – R / S

Charleston

& / Step – DS (xif) – S (xib) – RS  
R LL R LR

Shave-And-A-Hair Cut

DS – Tch (if)/H – Toe / Heel – R / S

Charleston

DS – Dbl (up) / H – Dbl (up) / H – RS

Double w/a Rock Step

DS – Tch (if)/H – Toe / Heel – R / S

Charleston

Listen to music and slow steps down with music



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