

*The Magazine of Clogging Since 1983*

# DOUBLETOE

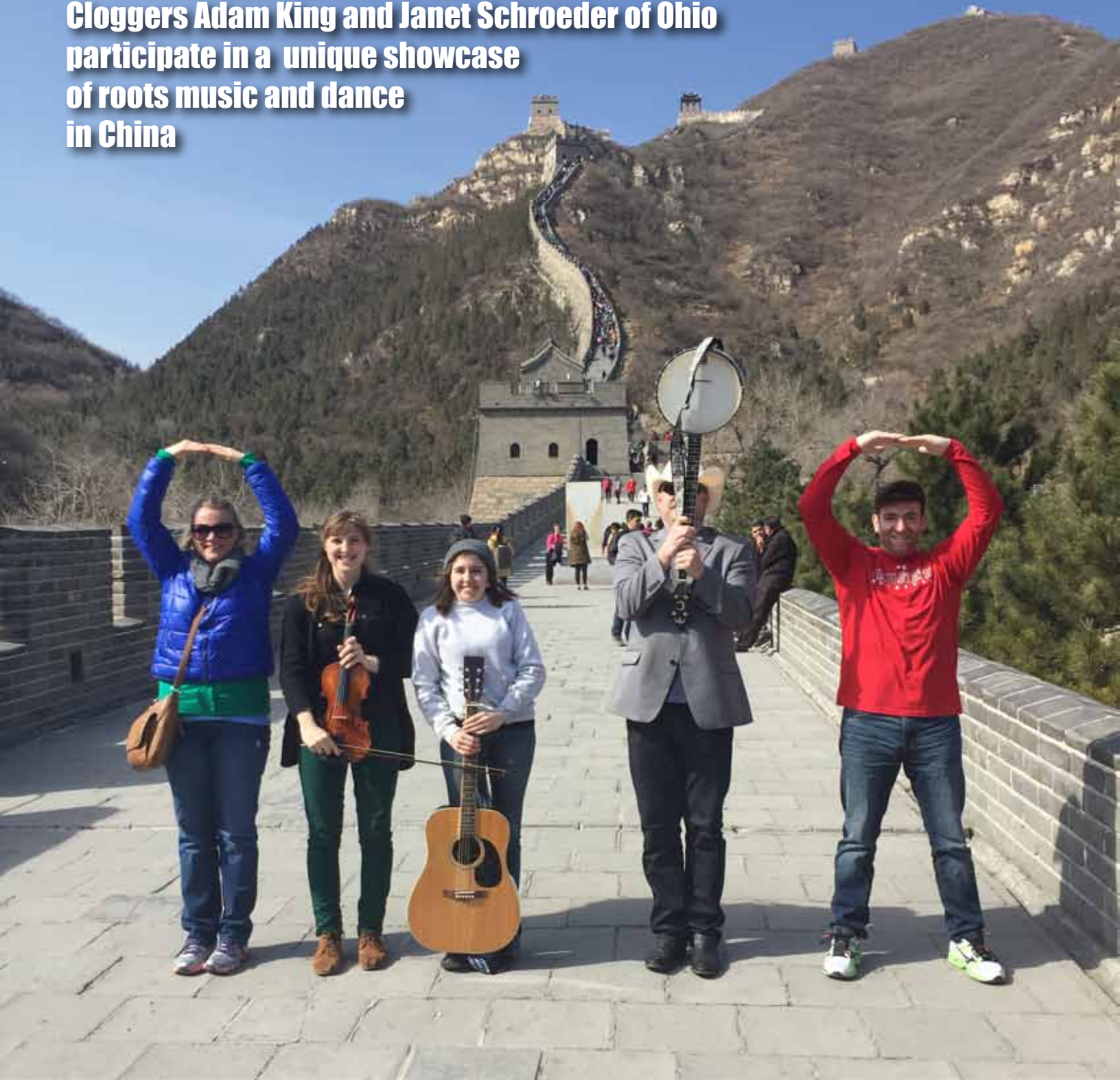
**TIMES**

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

August/September 2015 Issue

## **Clogging in China**

**Cloggers Adam King and Janet Schroeder of Ohio  
participate in a unique showcase  
of roots music and dance  
in China**





# DOUBLETOE

August/September 2015



footprint

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The Double Toe Times is now available  
in digital format for your iPad, Kindle or E-Reader  
or download to your computer!

## I Can't Stress Enough...

Every birthday that goes by, I think about how nice it will be to get older and life get easier.

Who was I kidding?

Family, job responsibilities, commitments and obligations seem like they are taking more time than before, and all of those efforts to slow down seem to just be replacing the gained time with new time stresses.

Frank Herbert, who wrote "Dune," said "The mind can go either direction under stress—toward positive or toward negative: on or off. Think of it as a spectrum whose extremes are unconsciousness at the negative end and hyper consciousness at the positive end. The way the mind will lean under stress is strongly influenced by training."

The hardest thing I find in trying to train myself to handle stress is not feeling on the surface that some issues seem impossible to solve. Taking control of situations in my life with reason and problem-solving techniques have been a huge help.

I'm a list maker. Those who know me are sometimes amused by the stack of files and legal pads that I tend to juggle at all times. It's the only way I can keep so many projects straight. Even with all of this note taking and "to doing", I can still feel overburdened by the amount of work to do. If there is a teachable moment here, it is that you can not do everything at once and you have to make priorities that are realistic.

And.. here is the hardest thing for me to do when it comes to stress... saying "No."

Like so many of us who clog and work and deal with full lives, we have so much to do and too little time in which to do it. And yet in this situation, we will still agree to take on additional responsibility. What is our deal?

It has been incredibly difficult for me to slow down my pace, but learning to say "No" to additional or unimportant requests does reduce your level of stress, and may also help you develop more self-confidence.

I'm also working on understanding why it is so difficult to learn to say "No." Is it because you want to help and want to be liked, or is it a fear of conflict, rejection or missed opportunities? The key to getting there is realizing that YOU create these barriers to saying "No."

My life is far from stress free. I struggle daily. Just remember that you are not alone and there is great therapy in being with friends and clogging and leaving things on the dance floor.

Happy Clogging!

Jeff Driggs, Editor

If you enjoy our editorials or stories, let us know. Drop us a line at [doubletoetimes@aol.com](mailto:doubletoetimes@aol.com) or search for us on Facebook "Doubletoe Times Magazine of Clogging."

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# The Great Texas Hoedown

*Explore the history of clogging with Andy: old-time traditional, big circle, line dances, and other fun stuff!*



*Andy is a master of both contemporary and traditional clogging. His teams have won multiple championships!*

Featuring  
**Andy Howard**

*National Clogging Instructor, Gainesville Florida*

**When: November 7, 2015, 9:00AM – 5:00PM**

*(Fun Dance afterwards 7:00PM – 9:00PM!)*

**Where: Old Courthouse, 300 Main St, Blanco, TX**

**Contacts:**

**Buster Green**

**830-980-3600**

**clogger@thegreenshomepage.com**

**Glen McCrary**

**214-455-1716**

**glenem72@cs.com**



*Back in Blanco by popular demand! We'll be dancing once again on the 100+ year old wooden floor at the historic Old Blanco County Courthouse!*



Register online at <http://www.texas-clogging.com>

*Note: Advance registration is highly recommended due to limited space.. Advance registration forms must be received by 10/24/2015.*



Sponsored by the Texas Clogging Council  
<http://www.texas-clogging.com>



# Calendar of Clogging Events

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

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 email [doubletoetimes@aol.com](mailto:doubletoetimes@aol.com) with the title "Clogging Event." Call or email today to advertise!

## Workshops Competitions

### Oct 2015

#### Oct 24, 2015

OktoberClogFest  
Workshop (WP)  
Columbus, IN  
Inst: Jeff Driggs, Naomi Pyle &  
more TBA  
Donner Center  
Info: Naomi Pyle  
812-579-6979  
[Naomi\\_p@sbcglobal.net](mailto:Naomi_p@sbcglobal.net)

### Oct 30-Nov 1, 2015

Clogtober 2015 (W)  
Belair, Adelaide, SA  
Australia  
Info: Linda Threadgold  
0419 822 811  
Irmgard Huddy  
0414 453 250

### Nov 2015

#### Nov 7, 2015

Appalachian Stomp (W)  
Purcellville, VA  
Carver Community Center  
Inst: Blake Bartlett Dunn  
Info: Mary Smith  
[info@BRTC.us](mailto:info@BRTC.us)  
[AppalachianStomp.com](http://AppalachianStomp.com)

#### Nov 7, 2015

The Great Texas  
Hoedown (W)  
Blanco, TX  
Inst: Andy Howard  
Info: Buster Green  
830-980-3600  
[clogger@thegreenshomepage.com](mailto:clogger@thegreenshomepage.com)  
Glen McCrary  
214-455-1716  
[glenem72@cs.com](mailto:glenem72@cs.com)  
[www.texas-clogging.com](http://www.texas-clogging.com)

#### Nov 13-15, 2015

Hickory Hoedown (W,C)  
Hickory, NC  
Info: AJ & Jill Kirby  
Hickory Metro Conv. Ctr.  
828-396-2052  
[simscountrycloggers@yahoo.com](mailto:simscountrycloggers@yahoo.com)  
[clognc.com](http://clognc.com)

#### Nov 25-28, 2015

29th Annual C.L.O.G.  
National Clogging  
Convention (W)  
Thanksgiving Weekend  
Location TBA  
info: David & Susan  
Phillips  
678-889-4355  
[clog@clog.org](mailto:clog@clog.org)  
[clog.org](http://clog.org)

For more information on  
sanctioned competitions, visit the  
major sanctioning organization's  
websites at:

ACHF = America's Clogging  
Hall of Fame  
[achfclog.com](http://achfclog.com)

CCA = Clogging Champions of  
America  
[ccaclog.com](http://ccaclog.com)

NCHC = National Clogging and  
Hoedown Championships  
[clog.org](http://clog.org)

CAD = Cadence  
[clogcadence.com](http://clogcadence.com)

### Oct 2015

#### October 10, 2015

Deep South Dance Off (C)  
(CCA)  
Athens, GA  
Morton Theatre  
Info: Heather Kohberger  
and Blake Dunn  
[dance@cloggingconnection.com](mailto:dance@cloggingconnection.com)  
[cloggingconnection.com](http://cloggingconnection.com)

#### Oct 23-25, 2015

ACHF Annual World  
Championships (C)  
(ACHF)  
Info: Jimmy Loveless  
301-884-5830  
Ellis Perry  
919-484-0623  
Dianne Loftin  
864-277-0553  
[achfclog.com](http://achfclog.com)

### Nov 2015

#### Nov 7, 2015

CCA Mountain Classic (C)  
(CCA)  
Columbus, NC  
Polk County High School  
Info: Rhonda Wallen  
[rwallen543@charter.net](mailto:rwallen543@charter.net)  
Lynne Ogle  
[ccalynne@aol.com](mailto:ccalynne@aol.com)  
[ccaclog.com](http://ccaclog.com)

#### Nov. 14, 2015

Fall Classic Clogging  
Championships (C)  
(CCA)  
Lexington, Kentucky  
Kentucky Thoroughbred  
Center  
Info: Jeff Driggs  
304-610-6254  
[ccajeff@aol.com](mailto:ccajeff@aol.com)  
Naomi Pyle  
812-343-3285  
[Naomi\\_p@sbcglobal.net](mailto:Naomi_p@sbcglobal.net)  
[cloggingcontest.com](http://cloggingcontest.com)

### Nov. 21, 2015

Tiger Town Invitational (C)  
(ACHF)  
Central, South Carolina  
D.W. Daniel High School  
Info: Ben or Sharon Finley  
(864) 868-9788  
[sfinley@bellsouth.net](mailto:sfinley@bellsouth.net)

### Dec. 5, 2015

Fusion Winter Fest (C)  
(ACHF)  
Hickory, North Carolina  
Lenoir Rhyne University  
Info: Stefanie Grubbs  
(336) 918-6269  
[stefaniegrubbs@gmail.com](mailto:stefaniegrubbs@gmail.com)  
[com](http://com)

## Workshops

### Jan 2016

#### Jan TBA, 2016

Doug Chin Clogging  
Classic and NCCA  
Quarterly Workshop (W)  
Sacramento, CA  
Info: Kellee Ramirez  
[kelclogs34@gmail.com](mailto:kelclogs34@gmail.com)  
[ncca-inc.com](http://ncca-inc.com)

#### Jan 8-9, 2016

5th Annual Southern  
Arizona  
Clogging Dance Festival  
(W)  
Tucson, AZ  
Old Pueblo Dance Center  
Inst: Scotty Bilz, GA  
Info: Registration: Shirley  
Young  
(520) 298-2056  
Lodging: Suzanne O'Brien  
(520) 299-4472  
[sardasa.com/](http://sardasa.com/)

#### Jan 29-31, 2016

Oregon Mid-Winter  
Festival (W)  
Albany, Oregon  
Dances and Saturday  
Workshop  
Featuring Andy Howard, FL  
Info: 2016 Chairs  
Tim & Cheryl Hagey  
541-829-3800  
[wetoucha25@yahoo.com](mailto:wetoucha25@yahoo.com)  
2016 Co-Chair  
Connie Seamans  
541-206-3950  
[connieseamans@com-cast.net](mailto:connieseamans@com-cast.net)  
Paul Gates  
541-868-6931

### Jan 22-23, 2016

Country Rhythm  
Workshop (W)  
Lebelle, FL  
Labelle Civic Center  
Info: Pat Bedingfield  
863-673-5054  
[pat.bedingfield@gmail.com](mailto:pat.bedingfield@gmail.com)

### Feb 2016

#### Feb 19-20, 2016

10th Annual NorthWest  
ClogDown (W)  
Vancouver, WA  
Hazel Dell Grange  
Instructors: Eric Bice, CA  
Info: Mike McDow  
503-620-8032  
[Mike\\_McDow@yahoo.com](mailto:Mike_McDow@yahoo.com)  
[com](http://com)  
or Jo Kern  
503-621-7355  
[Litehousejo1@yahoo.com](mailto:Litehousejo1@yahoo.com)

### Mar 2016

#### Mar TBA, 2016

36th Annual TCC Rally  
(W)  
Waco, TX  
Waco Convention Center  
Instructors: Barry TBA  
Info: [texas-clogging.com](http://texas-clogging.com)

#### Mar 11-13, 2016

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

#### Mar 18-19, 2016

Possum Trot  
Clogging Workshop (W)  
Oxnard, CA  
Courtyard by Marriott  
Inst: Scotty Bilz, Jeff Driggs,  
Kellee Ramirez, Michele  
Millier-Miche  
[possumtrotca.net](http://possumtrotca.net)

#### Mar TBA, 2016

Mason Dixon Spring  
Stomp (W)  
Westminster, MD  
St. Johns Catholic Church  
[carrollcountycloggers.com](http://carrollcountycloggers.com)  
Info Diane Gehret  
410-259-8864  
[dianegehret@gmail.com](mailto:dianegehret@gmail.com)  
Lynn Grassi  
410-428-6992  
[lynngrassi@verizon.net](mailto:lynngrassi@verizon.net)  
[carrollcountycloggers.com](http://carrollcountycloggers.com)

### Apr 2016

#### Apr 8-9, 2016

30th Annual Indiana River  
Cloggers POWWOW (W)  
Merritt Island, FL  
Inst: Diana Allen, Debbie  
Claxton, Jamie Conn, Greg  
Dionne, Matt Koziuk, Anne  
Lanier, Jeff Wood  
Kiwanas Island  
Info: Sandy Smallwood  
321-631-5104  
Bob Howard  
321-452-6757  
[indianrivercloggers.org](http://indianrivercloggers.org)

#### Apr 14-16, 2016

Nickel City Clogging  
Festival (W)  
Buffalo, NY  
Inst: Scotty Bilz, Jeff Driggs,  
Shane Gruber, Naomi Pyle,  
Kellee Ramirez, Missy Shinoski,  
Chip Summey, & more  
Adam's Mark Buffalo  
Registration Info: Linda  
Haley  
716-537-9662  
[lhaley318@aol.com](mailto:lhaley318@aol.com)  
Workshop Info: Hanna  
Healy  
716-725-8415  
[hanna@wnyca.com](mailto:hanna@wnyca.com)  
[wnyca.com](http://wnyca.com)

#### Apr 14-16, 2016

Northeast Clogging  
Convention and  
Competition (W,C)  
Hyannis, MA  
Inst: TBA  
Info: Beth Kendall  
802-439-3349  
[freewebs.com/necc](http://freewebs.com/necc)  
[bkendall@tops-tele.com](mailto:bkendall@tops-tele.com)

#### Apr 22-23, 2016

Clogging in the Natural  
State (W)  
Mountain Home, AR  
Ramada Inn Convention  
Hall  
Info:  
[arkansascloggingcouncil.com](http://arkansascloggingcouncil.com)

#### Apr 29-30, 2016

Swing Into Spring  
Clogging Workshop (W)  
Lake Cumberland, KY  
Lake Cumberland State  
Park  
Inst: Trevor DeWitt, Scotty Bilz,  
Jeff Driggs, Naomi Pyle  
Info: Trevor DeWitt  
317-670-8934  
[trevor@clogdancing.com](mailto:trevor@clogdancing.com)  
[lakecumberlandworkshop.info](http://lakecumberlandworkshop.info)

### May 2016

#### May 1-2, 2016

City Slicker Stomp (W,C)  
Independence, Missouri  
Inst: Naomi Pyle, Shane Gruber,  
Joel Harrison, Sheryl Baker,  
Missy Shinoski, Blake Dunn,  
Morgan Hudson, Rhonda Olney,  
Kevin Beach, Crickett Kinser,  
Todd Harry, Alyssa K., Stan  
Webb, Kelle McConnell, Colleen  
Zurbrigg  
Hartman Conference  
Center  
Info: Missy Shinoski  
816-443-3030  
[kloghop@sbcglobal.net](mailto:kloghop@sbcglobal.net)  
[cityslickerstomp.info](http://cityslickerstomp.info)

#### May 20-21, 2016

Oregon State Clogger's  
Association  
21st Annual Workshop  
(W)  
Springfield, OR  
Emerald Square Dance  
Center  
Info: Mary Bray  
(503) 931-4080  
[cloggerbray@msn.com](mailto:cloggerbray@msn.com)

#### May 27-29, 2016

World of Clogging Dance  
Championships (C,W)  
And Clogging Workshops  
Workshops 27th/28th  
Competition 29th  
Cincinnati, OH  
Cincinnati Airport Marriott  
Info: Jeff Driggs or Hanna  
Healy  
304-776-9571  
[worldofclogging@aol.com](mailto:worldofclogging@aol.com)  
[cloggingcontest.com](http://cloggingcontest.com)  
[worldofclogging.com](http://worldofclogging.com)

### Jun 2016

#### Jun 3-5, 2016

Northern California  
Cloggers Association  
Convention (W)  
Modesto, CA  
DoubleTree Hotel  
Guest Inst: TBA  
Info: [ncca-inc.com](http://ncca-inc.com)

#### Jun 23-26, 2016

ECTA Clogging  
Convention (W)  
Germany  
Inst: TBA  
Info: [ecta.de](http://ecta.de)

#### Jun 22-25, 2016

65th National Square  
Dance Convention (W)  
Des Moines, IA  
Inst: TBA  
Statehouse Convention  
Center  
<http://www.nsdncnec.com/>

**Jul 2016****Jul 15-16, 2016**

Double Toe Jam (W,P)  
Waco, TX  
Inst: TBA  
Waco Convention Center  
Info: info@doubletoejam.org  
doubletoejam.org

**Aug 2016****Aug 12-13, 2016**

Sunshine State  
Clogging Jamboree (W)  
Daytona Beach, FL  
Instructors: TBA  
Info: Jeff Wood  
850-386-1263  
wood@talstar.com  
Naomi Pyle  
812-579-6979  
Naomi\_p@sbcglobal.net

**Sep 2016****Sep 9-10, 2016**

Clogging & Folk Festival  
(WP)  
Mountain View, AR  
Inst: TBA  
Info: 870-269-3851  
ozarkfolkcenter.com

**Sep 9-10, 2016**

Florida Clogging Council  
State Convention (W)  
Melbourne, FL  
Eau Gallie Civic Center  
Instructors: TBA  
Info:  
http://  
floridacloggingcouncil.  
weebly.com/

**Sep 23-24, 2016**

Fontana Clogging  
Jamboree (W,P)  
Fontana Village, NC  
Inst: Jeff Driggs, Naomi Pyle,  
Scotty Bilz, Chip Summey &  
more TBA!  
Fontana Village Resort  
Info: Jeff Driggs  
304-776-9571  
ccajeff@aol.com  
Naomi Pyle  
812-579-6979  
Naomi\_p@sbcglobal.net  
fontanaworkshop.com

**Sep 30 -Oct 1, 2016**

21st Australian Clogging  
Association  
National Clogging Con-  
vention (W)  
Perth, WA  
Australia  
Info: Kingsley Dawes  
wa@cloggingaustralia.  
com  
cloggingaustralia.com

**Nov 2016****Nov 23-26, 2016**

30th Annual C.L.O.G.  
National Clogging  
Convention (W)  
Thanksgiving Weekend  
Location TBA  
Info: David & Susan  
Phillips  
678-889-4355  
clog@clog.org  
clog.org

**Competitions**

For more information on  
sanctioned competitions, visit the  
major sanctioning organization's  
websites at:

ACHF = America's Clogging  
Hall of Fame  
achfclog.com  
CCA = Clogging Champions of  
America  
ccaclog.com  
NCHC = National Clogging and  
Hoedown Championships  
clog.org  
CAD = Cadence  
clogcadence.com

**Jan 2016****Jan TBA, 2016**

CCA Showdown of  
Champions (C)  
(CCA)  
Knoxville, TN  
Knoxville Civic Auditorium  
Info: Lynne Ogle  
865-805-7025  
ccalynne@aol.com  
ccaclog.com

**Mar 2016****Mar TBA, 2016**

Winter Clogging  
Invitational (C)  
(NCHC)  
Saluda, NC  
Info: Chip Summey  
Ncjc@aol.com

**Mar TBA, 2016**

Northeast Clogging  
Convention and  
Competition (W,C)  
(NCHC)  
Nashua, NH  
Info: Beth Kendall  
802.439.3349  
www.freewebs.com/necc

**Mar 12, 2016**

Smoky Mountain Encore  
(W,C,P)  
(CCA)  
Gatlinburg, TN  
Inst: TBA  
Gatlinburg Convention  
Center  
Info: Lynne Ogle  
865-675-1185  
ccalynne@aol.com  
smokymountainencore.com

**Apr 2016****Apr 1-2, 2016**

City Slicker Stomp  
Competition (C)  
(NCHC)  
Independence, MO  
Hartman Conference  
Center  
Info: Missy Shinoski  
816-694-3582  
kloghop@sbcglobal.net  
www.CitySlickerStomp.  
Info

**May 2016****May TBA, 2016**

Dollywood Clogging  
Classic (C)  
(NCHC)  
Pigeon Forge, TN  
Dollywood Theme Park  
Info: David & Susan  
Phillips  
(678) 889-4355  
dccclog@gmail.com  
clog.org

**May 7, 2016**

Big Horn Mountain  
Showdown (C)  
(NCHC)  
Buffalo, WY  
Info: Shanell Hatch  
307-620-0282  
shanellhatch@yahoo.com

**May 29, 2016**

World of Clogging Dance  
Championships (C,W)  
And Clogging Workshops  
Workshops 27th/28th  
Competition 29th  
Cincinnati, OH  
Cincinnati Airport Marriott  
Info: Jeff Driggs or Hanna  
Healy  
304-776-9571  
worldofclogging@aol.com  
cloggingcontest.com  
worldofclogging.com

**Jun 2016****Jun 18, 2016**

Grand Challenge of  
Champions (C)  
(NCHC)  
Branson, MO  
Info: David and Susan  
Phillips  
678-889-4355  
gncclog@gmail.com  
gncclog.webs.com

**Jun TBA, 2016**

Cherokee Clogging  
Challenge (C)  
(CCA)  
Cherokee, NC  
Cherokee Cultural Arts  
Center  
Info: Matt & Kelly Sexton  
(423) 282-5065  
& (423)-676-1305  
DancExpCloggers@aol.com

**Jun TBA, 2016**

Explosion Clogging  
Championships (C)  
(NCHC)  
Cherokee, NC  
Cherokee Cultural Arts  
Center  
Info: Matt & Kelly Sexton  
(423) 282-5065  
& (423)-676-1305  
DancExpCloggers@aol.  
com

**Jul 2016****Jul TBA, 2016**

Fusion Fest (C)  
(NCHC)  
Newton, NC  
Info: Stefanie Grubbs  
336-918-6269  
thefusionfest@gmail.com

**Aug 2016****Aug 20, 2016**

Wilson County Fair (C)  
(NCHC)  
Lebanon, TN  
Info: Grace Pack  
615-449-3821  
gpack33@aol.com

**Oct TBA, 2016**

ACHF Annual World  
Championships (C)  
(ACHF)  
Info: Jimmy Loveless  
301-884-5830  
Ellis Perry  
919-484-0623  
Dianne Loftin  
864-277-0553  
achfclog.com

**Don't see your  
event listed here?**

Then let us know about  
it and we will list it here  
for free!

doubletoetimes@aol.  
com

The Double Toe Times  
featured the most  
complete and current  
listing of clogging  
workshops, events  
and competitions  
found anywhere!  
Send you event  
information now for  
inclusion!



Our Officers  
President  
Jimmy Loveless  
301-884-5830 Home  
240-507-7062 Cell  
jloveless@melwood.org  
Vice President  
Ellis Perry  
919-484-0623  
eperry2003@aol.com

Secretary  
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864-277-0553  
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# CLOGGING IN CHINA

**Clogger Adam King of Ohio Shares Experiences from a Once in a Lifetime Trip**

**By Adam King**

*Yellow Rose Cloggers of Ohio, Columbus, Ohio*

Would folks in China be as amazed and enamored of clogging as we are? I honestly had no idea, but thanks to a unique opportunity through my job, I got the chance to find out.

We were a small group — three musicians and two cloggers — thrown together as part of a U.S. State Department grant to build cultural affinity between the American and Chinese. All of the performers but me were students at The Ohio State University (I am a staff member there, working as a managing editor for University Communications).

I met the leader of the group, Bob Eckhart, who helped write the grant application, two years

before. I had merely happened to mention my hobby (my life?) was clogging. We didn't talk much after that. But at the end of 2014 I got an email asking if I'd like to join Bob and this quartet of student performers on a journey to China. We would be visiting five universities in three different cities and the popular 798 arts district and the U.S. Embassy in Beijing, sharing old-time music, flatfooting and modern clogging.

How do you say no to that?

This was Bob's 20<sup>th</sup> trip to China; the rest of us, our first. People can tell you what to expect, but you don't really know until you experience it firsthand.

The most important thing I learned about the Chinese was how proud they are of their culture. I was able to immerse myself in their music, their

*(Continued on page 8)*





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# CLOGGING IN CHINA

*(Continued from page 6)*

dancing, their language and their laughter during this incredible spring break trip.

## Clogging on history

Our little troupe wasn't sure what the Chinese would think of the show we put together, but we got a little early taste as we journeyed to the Great Wall the first day after arriving in Beijing. Our itinerary didn't leave us much time to sightsee — we were performing seven times in nine days — but the Wall was a can't-miss attraction, and Bob thought it might be a great photo opportunity.

Josh McCoy our banjo player, Carrie Miller our fiddler and Liberty Brigner our guitarist took their instruments off the bus and tuned them up at the base of the Wall. A wide circle of people began to form as they recognized something unusual was about to happen.

Now the Great Wall is no stranger to music. There is a huge music festival there every year. But mountain music and clogging — we had to think that was a first. A search of Google Images for "Great Wall clogging" turned up images of the Wall, toilet plungers and Drano. And our group. I'm satisfied we are the first since the Wall's construction started 2,700 years ago.

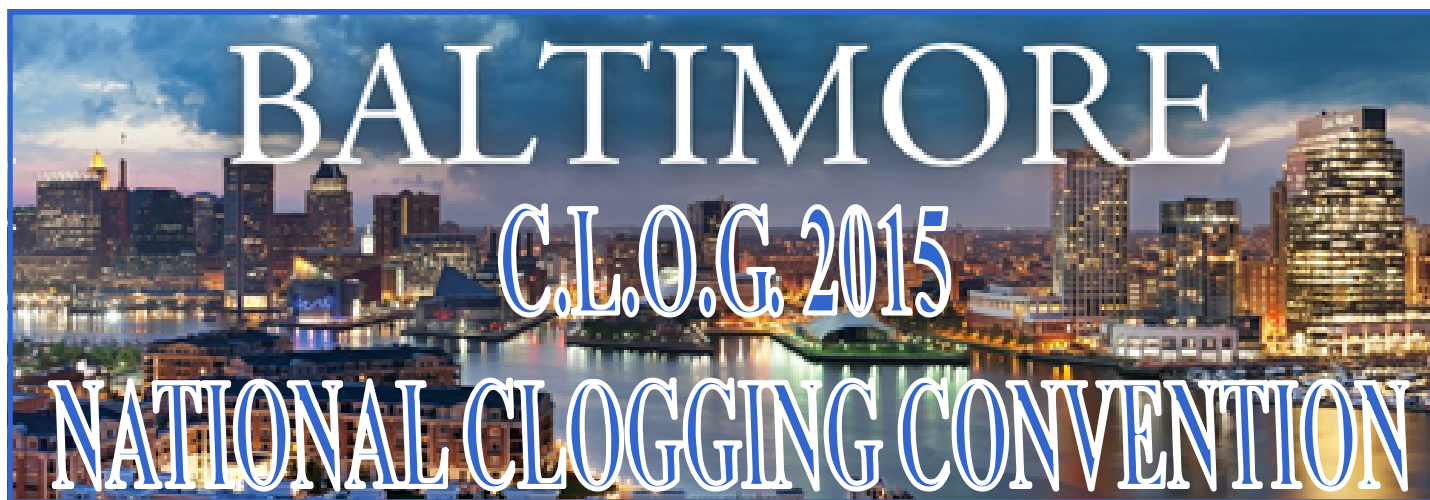
As our musicians began to play, Janet Schroeder, the other dancer, and I started freestyling (nothing too tough; we were dancing on stone and on a slope), but the crowd whipped out their phones and began to record. What a thrill it was to do an impromptu performance at and on one of the great wonders of the world, and it was our first introduction to a certain Chinese proclivity: the lack of personal space.

Even as we performed, Chinese tourists would hand their phones to a wife or a friend, walk right amongst the five of us and pose. We're not talking photobombing behind us;

*(Continued on page 10)*







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# CLOGGING IN CHINA

*(Continued from page 8)*

within inches of us. In most Chinese cities, the population exceeds that of New York City (you can only put 1.3 billion people so many places), so the denizens think nothing of the press of humanity. It's part of their daily culture. We became acclimated, and made new friends, quickly.

Then we actually set about climbing the wall. I'm not sure after ascending those hugely steep steps — and then coming back down again — how I managed to perform at all the shows. My legs have never had such a workout.

## Good to be American

As we made our way back to the city, I reminisced about a trip years before: I'd been to Los Angeles, and I thought the smog there

was bad. It was nothing compared to Beijing. Buildings just three blocks away were completely obscured by the thick pollution. The sun was a smoky disc of light, and at night, forget about seeing the stars. I was expecting to see the population donning facemasks in the presence of such impurity, but few did. The health implications for this country are disastrous if they don't do something about it. I was relieved to know we would only breathe the air for nine days. Thinking of the lung power it takes to be a clogger, I could only imagine what sort of dancer I would be if I lived there all the time.

The populace recognizes the danger, but this is their home, and life must go on.

Equally as bad is the tap water. The chemical soup is undrinkable without boiling it. Only bottled water was truly safe. Drinkable water. Clean air. As Americans we tend to take that for granted.

*(Continued on page 12)*







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# CLOGGING IN CHINA

(Continued from page 10)

No longer will I after that trip.

## Shows to remember

I've performed on stages big and small before — clogging for Presidents George H.W. Bush and Bill Clinton and for 15,000 people a day in Japan — but nothing compared to the experience of dancing at the U.S. Embassy. Chinese guards with machine guns are posted at the exterior and plainclothes agents roam the gates as well. Visitors to the embassy must have a liaison with them at all times, even to go to the bathroom, and no electronic devices are allowed in the building (my FitBit wasn't allowed to track my dance moves during the show). It is essentially a working bunker.

But the folks who work in that bunker could not have been more thrilled to have American performers pay them a visit. A few of them were from Ohio, and they came up afterward to shake our hand and thank us for coming all that way, giving them a little taste of home. It was a privilege to do so.

After the embassy performance, we immediately

left Beijing for Wuhan, where we would be staying at Wuhan University. Bob is director of the Wuhan University-Ohio State University Center for American Culture there, and the goal is to give Chinese collegians an introduction to U.S. culture and society. Most of Bob's 20 trips involved taking faculty and staff from Ohio State and other institutions to teach culture classes. Buckeye Roots Strings and Steps was just the second arts group to make the journey.

We had put together about a 45-minute show that included some instrumentals, some singing, some solo freestyle clogging to *Fisher's Hornpipe* and *Cripple Creek*, a choreographed number to *Fire on the Mountain* and an acapella number. It was a good mix, and it was so interesting to see how the Chinese reacted to each detail.

We quickly realized they'd never seen clogging before — or a banjo for that matter. You can check out some of the videos from the trip I posted on my YouTube channel (<http://youtube.com/tapman77>). The way they roared when I performed a high bell kick and how they applauded on the double doubles. Anything that seemed fast or intricate was rewarded with abject enthusiasm.

(Continued on page 14)





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|                      |                       |                    |
|----------------------|-----------------------|--------------------|
| Name _____           | # of Dancers _____    | @ \$30.00 \$ _____ |
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| City, St., Zip _____ | Syllabus _____        | @ \$7.00 \$ _____  |
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| Email _____          | Total Enclosed _____  | \$ _____           |

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# CLOGGING IN CHINA

(Continued from page 12)

In one segment, Janet and I face each other, grab hands and spin multiple times doing triple with a slur brush in between. Simple enough, right? But the audience enthusiasm for that move was through the roof. I am now quite curious to know how the first Chinese clogging group might take off in that country...anyone want to volunteer to get one started?

## Love of language

I can't tell you enough how generous the people are in China. Our hosts at every stop, which included Suzhou and Shanghai, wanted to ensure we had a top-notch experience and took personal pride in ensuring that. Every college had students who spoke English fairly well act as our guides and take care of our needs (English is required at every university). They were eager, humble, excited to converse in a language not their own and always inquiring if we were enjoying ourselves. I always think it's respectful to learn the local language when visiting another country, even if it's just a few words. The Chinese language is not easy, but it was great fun seeing the students laugh as I attempted (mangled) some of their more common Mandarin phrases. My favorite: *Mǎmǎ hǔhǔ*, pronounced *mama hoo hoo*, which means so-so.

The Chinese call clogging *ti ta* (kick step), similar

to what they call Irish step dancing. Many of them had seen *Lord of the Dance* on television, so they were eager to soak in the sounds of clogging.

If you ever want to feel like a rock star, dance or perform in China. After every show, without fail, the students would rush on stage and want to take selfies with all of us — I'm sure I took close to 1,000. Carrie, our 21-year-old fiddle player, was the most popular. Chinese males and females alike commented endlessly about her beauty, and her photo conga line never thinned until we were ready to leave.

## Artistic appreciation

One of the favorite parts of our trip was watching the Chinese students perform. We saw a full orchestra come together for the first time just for our visit. We saw dancing, took part in a Chinese tea ceremony, got to try our hand at Chinese calligraphy (I make a decent bamboo shoot) and listened to Peking opera, with such a high falsetto that it borders on screaming. The arts absolutely transcend cultural and language barriers, and it was a treat to be able to share in the Chinese people's heritage and passion.

If I ever go back, I would love to take my own team, the Yellow Rose Cloggers of Ohio, and have them experience a rich, ancient culture, sample authentic Chinese cuisine (nothing at all like the food we get in the States...so many more flavors and textures) and revel in being able to share the thing we love to do most — clog — with people who are more than likely experiencing it for the very first time.





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# Carolina Teens preserve mountain tradition

By Gary Glancy, *Times-News* Correspondent,  
*blueridgenow*

Tommy Miller, 15, at a recent event with his fellow Cole Mountain Cloggers team members. Miller and his sister Taryn, 11, are dance partners on the clogging team, which has won eight state championships. Dean Hensley/Times-News

During a Cole Mountain Cloggers performance last year at the Folk Arts Center in Asheville, coach Jeff Adkins needed someone to step in and help with one of the dance routines until one of the regular team members arrived.

And so Adkins turned to a familiar face.

Taryn Miller had been hanging around the team since she was a little girl, watching her older brother, Tommy, perform.

"I told her, 'Taryn, we should get a dress made for you; you'll pick it up in no time,'" Adkins recalled.

She did. Taryn Miller, now 11, joined the cloggers this year and is dancing alongside her 15-year-old brother on the regional youth team that has won eight state championships and is helping to maintain a Southern Appalachian tradition.

The Mills River siblings are no doubt a source of pride for Henderson County as well as their parents, Mike and Kathy.

"It's rewarding, of course, to see your kids excel at anything like that," Mike Miller said, "but they are also carrying on a tradition that started here in this area — I mean, this is where clogging was invented. It's not something you see a lot of people doing nowadays, so it's also nice to see them have the courage to do something like that that isn't necessarily the most popular thing. And they do it because they love it and they have a good time."

Tommy, a rising sophomore at West Henderson High, began dancing with the team back when he was in first grade. His grandparents, Jay and Judy Miller, were involved with the Folk Heritage Committee — which puts on the Mountain Dance and Folk Festival and Shindig on the Green in Asheville — and Tommy expressed an interest

in taking clogging lessons. He quickly showed a knack for keeping a rhythm with his feet.

He joined the Cole Mountain Cloggers, and his partner early on was one of Adkins' four daughters, Claire. The two worked well together and became great friends, Adkins said, but in 2008 Claire died from complications after falling out of a tree.

The tragedy "brought us even closer to the Miller family," Adkins said. "They wept grief with us and were right there with us, and we just became really close friends."

Tommy continued to be a big part of the Cole Mountain team, and eventually partnered with another of Adkins' daughters, Caroline, who is two years his junior but had more clogging experience at the outset.

Tommy said the partnership was a bit frustrating at first for his more polished dance partner, but Tommy progressed so much that he is now a caller, or leader, in the dance routines.

He will take that role to Raleigh for the first time in October for the N.C. State Fair Folk Festival, where the Cole Mountain team has won eight titles in the freestyle clogging competition. Freestyle dancing is a higher energy, more footloose form of clogging than smooth dancing (for which Cole Mountain took second place in Raleigh last year).

The most challenging aspect of clogging for Tommy Miller?

"Having to practice one thing so many times to perfect it," he said, "and then taking it out in front of a bunch of people and basically showing them what you've been working on for a long time."

For Tommy, though, clogging — which takes on many forms, and is performed to a wide array of music — can be a fun way "to show people how even old-timey things can be taken and transferred into modern-day times.

"People always say that the energy you put out is the energy that people receive and pick up," he added, "and so we just try to stay upbeat."



Energy is something Tommy expends in impressive quantities. He also runs cross country and track and field, and this year joined the marching band. The Millers also must travel up to Mars Hill to practice with the Cole Mountain Cloggers, and they perform and compete all across the region.

And he doesn't receive the kind of fanfare to which many high school athletes are treated.

"Some people my age think it's not cool because of the type of music you're dancing to," Tommy said, "though some people find it interesting. Sometimes people look down on it, and sometimes people look up on it, but the ones who look down on it you just have to ignore."

In an attempt to inform and entertain his classmates while in eighth grade, Tommy invited the Cole Mountain team to his school to perform in the auditorium. The routine earned Tommy several positive remarks in the school hallways afterward, "and that made me smile, because then everyone knew what it was all about."

Meanwhile, watching her brother the past several

years finally won over Taryn Miller, a rising sixth-grader at Rugby Middle School.

"A few years back I just really started liking country music and bluegrass," she said. "I did take tap (dancing), but I didn't like it so I stopped, and after just watching (clogging) for so long, it seemed like a lot of fun so I took a few lessons and (Adkins) asked me to join the team and I said, 'Sure!'"

While Taryn said she, too, is a bit hesitant to talk about her clogging at school, she added that she is proud of it.

"It's a lot of fun; it is," she said, "because the team is kind of like a family — it's all together — and of course dancing is fun."

For Adkins and his Cole Mountain Cloggers, the Millers have been a welcome addition.

"We just love the Miller family," Adkins said. "They're wonderful people, they have the same goals to preserve our mountain tradition and heritage as we do, and also have a very strong faith as we do, so it's been a great connection."





## Facebook Clogging Community Gives Cloggers Dee Decker and Instructor Kerry Plemmons a Place to Meme Their Love of Dance!

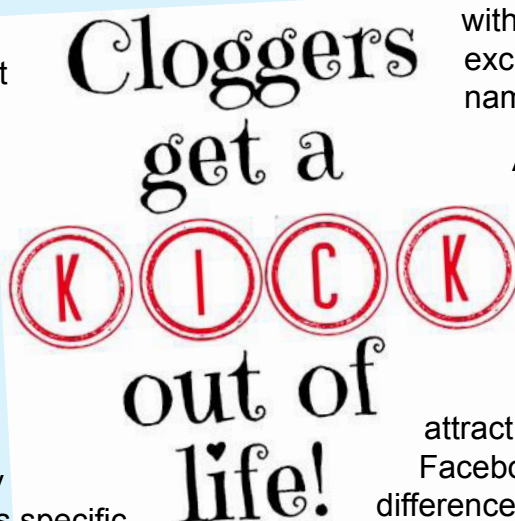
By Dee Decker  
Tangled Feet Stompers  
Bryson City, North Carolina

Kerry Plemmons and I have danced together over the past few years with a recreational clogging team, The Tangled Feet Stompers of Bryson City, North Carolina. Kerry is the instructor whose love for clogging is so contagious that it just makes you want to be a part of whatever she's doing. She set up a Facebook page for the Tangled Feet Stompers, mainly to share our class schedule and upcoming events.

I was looking for interesting and inspirational content to use on the Tangled Feet Stompers' Facebook page and I just couldn't seem to find many inspirational or humorous quotes specific to clogging. I mentioned to Amy Crane of Social Lab Marketing, (she's our go-to person for all things Facebook related and just happens to be my daughter, so the advice is free) about the lack of those little fun memes about clogging. I pronounced it wrong – I called them clogging "me- me's" and she laughed while she

corrected me and said it was pronounced memes – one syllable.

Amy suggested that I just create the memes myself and explained it was really simple (simple to a social media expert), but then she recommended several free Internet sites that generate quotes, offer layouts and creative ways to make memes. Amy came up with the idea to have a page that's exclusive to clogging memes and named it I Love Clogging.



Amy educated us on scheduling posts so that you don't have to be at the computer updating your status constantly and to "socially" interact with others who enjoy clogging.

She suggested other ways to attract attention to the I Love Clogging Facebook page and explained the difference between organic Likes and paid Likes. Since we have no money, we preferred the organic option. ☺

I began creating, as many memes as I could, that were happy, upbeat or humorous. I was looking for inspiration and ideas everywhere. One day Kerry sent me a text message that read



“Clogging is my happy dance!” I knew a lot of cloggers could relate to that, so I made it into a meme.

Back on the home front at the Tangled Feet Stompers studio, people often donate their clogging shoes and we put them to good use by finding them a home on someone’s feet. The first question you hear when you come to our clogging class is “what size shoe do you wear?”

One night after a clogging class, Kerry gave me an old worn out blue bag containing several pairs of shoes (we are definitely not choosy beggars) – a friend of a friend who used to clog handed them off – so we didn’t know exactly who donated them. In this bag of shoes, were several older clogging workshop books, one in particular was from the 1988 Fall Fun Frolic in Sarasota, Fl. It was surprising that bag of shoes managed to show up almost 600 miles away in Bryson City, N.C.

Kerry and I browsed through the book to look at the cue sheets and to see if we recognized any of the routines. But what really stood out was a quote from Marge Callahan. We never got to meet Marge, but we knew her voice from a cued recording of “Cowboy Sweetheart” and had watched her video of “White Lightnin” which is one of our favorite routines to perform. We’ve heard so many great things about her energy, tenacity and generosity from others who knew her as a clogging instructor.

I told Kerry that quote has to be on a clogging meme. “Callahism: A good routine must have four ables ... available, likeable, danceable, teachable” ~ Marge Callahan.

And on a side note, in the same workshop book there is a cue sheet for Just Because (Drigger’s Mixer), Choreographed by Jeff Driggs, workshopped by Marge Callahan. It’s such a small clogging world.

Since being a part of the clogging community, I realize there are many talented people who dedicate countless hours choreographing routines and how generous they are to share with others. I know how much we appreciate

(Continued on page 21)

*A meme (/ˈmi:m/ meem) is “an idea, behavior, or style that spreads from person to person within a culture”. A meme acts as a unit for carrying cultural ideas, symbols, or practices that can be transmitted from one mind to another through writing, speech, gestures, rituals, or other imitable phenomena with a mimicked theme.*



The “I Love Clogging” Community can be found on FaceBook by typing “I Love Clogging” in the search bar in the application.



## I Love Clogging Facebook Community

(Continued from page 19)

their effort, time and energy but do they realize how they inspire others and that they are in turn creating their own legacy?

There is such a connection among cloggers and we just wanted to share the good and happy things about clogging. There are days when we are tired or grumpy and maybe hit a few rough snags. But, the minute you walk into clogging class, put on those shoes and the music starts ... it just all slips away. You start smiling, laughing, even giggling. It's just such a great feeling.

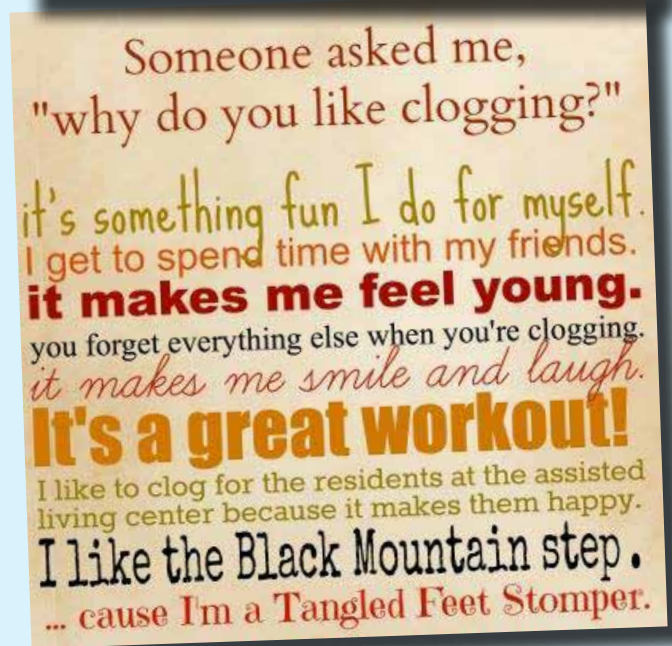
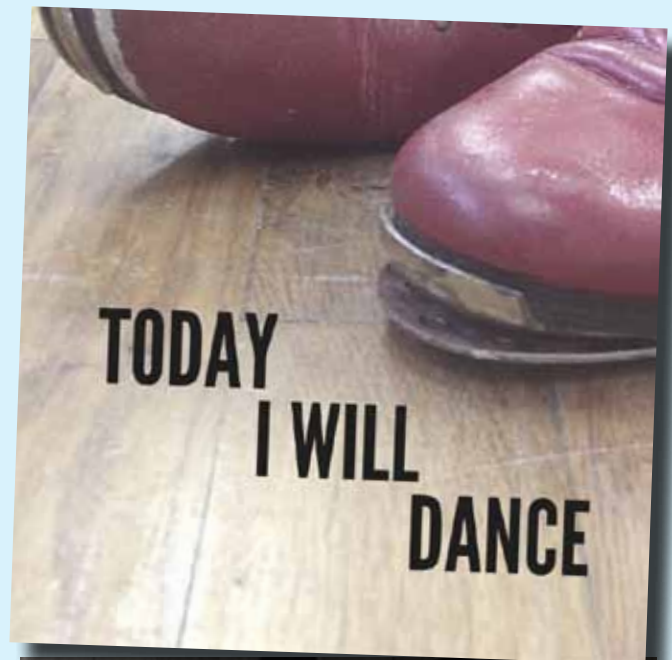
And that's really what we want to capture at the I Love Clogging facebook page. We like to say "there's enough clogging love to go around". So it doesn't matter what type of clogger or level of dancer you are, everyone has something to contribute and something to learn.

If you think about all the things you've learned from clogging, it really is amazing. Just walking out in front of a small crowd to perform can be a really big deal. Clogging helps you get over stage fright, performance anxiety or butterflies, whatever you call it. It gives a way to reach out to other people and get to know them and then you care about them as part of your extended family.

Everyone who dances knows what we're talking about. That's pretty much what we're trying to share on our I Love Clogging facebook page.

I began clogging by taking a clogging class at a local community college during the summer of 2009. The instructors were Dave and Phyllis Conklin from Ft. Meyers, Fl. They were part-time residents; we call them "snowbirds", people who return to warmer weather during the winter. And sure enough, when the weather dipped below 50 degrees they headed back to the sunshine state.

Several of the students from the clogging class kept meeting to dance. We scraped around for a "studio" or a place to dance. We met at a local park pavilion until the weather was too cold. A local businesswoman was generous enough to allow us to use a vacant church she owned. It







didn't have running water or heat – but who needed heat – we were generating our own.

Kerry Plemmons managed to find her way to our class. Her enthusiasm, knowledge and love for clogging made her the obvious choice to lead our group. She just has the energy to make you want to dance.

When it was time to decide on a name, we let democracy rule and put it to a vote. A couple of the suggested names were the “Scrambled Legs” and “Alive and Kicking”, but The Tangled Feet Stompers was the final decision. Our motto is simple: There are no auditions to be a Tangled Feet Stomper and no one has ever failed our beginning clogging class”.

Eventually, we landed at our local Cooperative Extension office located in a renovated school that just happened to have a fantastic gym with hardwood floors and a stage. Dave Conklin still comes to dance with us every summer. He played a part in getting us together, introducing us to the dances Marge Callahan choreographed and to Double Toe Times magazine. His wife, Phyllis is no longer with us, but we will always remember her smooth, soft and easy style of clogging.

As far as the future of the I LOVE CLOGGING page, we've had several requests for tee shirts. We might consider offering tee shirts for sale, but that's another ballgame getting into ecommerce. We might have to ask our social media expert about that!



# The Tangled Feet Stompers

by instructor Kerry Plemmons

My mom and dad actually met each other on a clogging team in Tallahassee, Florida, the "Orange Blossom Specials." Both sets of grandparents danced, and my mother's parents were on a clogging team as well, the Cripple Creek Cloggers out of Sarasota, Florida. So, I kind of had it in my system before I was ever born. I started taking ballet and other types of dancing styles when I was 2 years old. I took my first real clogging class when I was 7, the Dixie Darlin's in Haywood County, North Carolina. We moved around a bit, and so I wasn't able to stick with a team, but I kept dancing on my own whenever I got the chance.

About 10 years ago, I started going to local places where they were playing music just to have the chance to dance. I met a lot of great people, including my husband, who plays in a band, at these events. I had the foundations of clogging and other dances down, but I picked up everything I could by watching others and practicing at home. In 2011, my mother and I attended our first clogging workshop, Fontana Clogging Jamboree. This opened our eyes into the world of choreographed clogging and the clogging community that is worldwide, as well as the names of the clogging steps we had been doing for years. From that point on, I have been hooked, and I haven't slowed down yet.

After that, we found a local clogging class, being taught by Dee Decker. We joined this group, the Tangled Feet Stompers, and Dee soon encouraged, or rather pushed, me into becoming the instructor of the group. Shortly after we joined, Dee was hired by the Swain County Cooperative Extension, and many opportunities have come out of that. We are now able to use the gym at the Old Almond School with a wonderful wood floor for our practices, and use the extension's resources for advertising and drawing more people into our group.

I have learned so much from being put into a position where I am able to pass on the joy I get from clogging. Whether it's teaching beginners



When you dance to  
your own rhythm  
*life* taps its toes to  
your beat. ~

Terri Guillemets







and doing the same basic step 500 times, learning a new step or a new routine myself, or teaching a more advanced routine to the group, I wouldn't trade it for anything. I appreciate the traditional roots of this dance, and try to pass on not only the more recent adaptations of the dance, such as choreographed clogging to a pop song, but also its ancestors, such as the old-fashioned square dance, Virginia reel, and freestyling to a bluegrass song. In the classes I teach, I try to encourage everyone to see that this dance is more about socializing and having fun than worrying about exact steps.

We offer free classes and free access to clogging shoes and performance outfits for anyone willing to spend the time learning this fun dance. I love to see both kids and adults that would otherwise not have the opportunity to participate get just as excited as I do about learning a new step, or showing off their new moves to family members and friends. I have not competed in clogging, nor have I learned contemporary clogging, therefore I cannot teach those things. I would like to think that we could compete one day, but there is a long road ahead of us to be able to get to that point. I love that clogging is an activity that you can take as far as you want. There are even scholarships offered from a couple of NC colleges for cloggers. There are opportunities to compete, learn from some of the greatest instructors in the country, form a family-like relationship with cloggers around the world, and much more, and most of it can be done right here in Western North Carolina. Most of the competitions and workshops offered are within 200 miles from our studio.

To sum it all up, I have been dancing since I could walk, and I have been clogging non-stop for the past 10 years, and teaching it for the past 4 years. It is my favorite thing to do, and I love to pass it on to others, so it can be their favorite thing to do, too. I hope that through our team, as well as our facebook page, that we are able to continue to keep this tradition alive in this area. I love finding those few young students that I can see taking my spot as instructor one day. I hope to also use the Facebook page to help connect the clogging community, especially in the Western North Carolina area.



Tangled Feet Stompers Instructor Kerry McClellan Plemmons and Jennifer Cooper get ready to dance in the solo traditional competition at the North Carolina Mountain State Fair Competition.

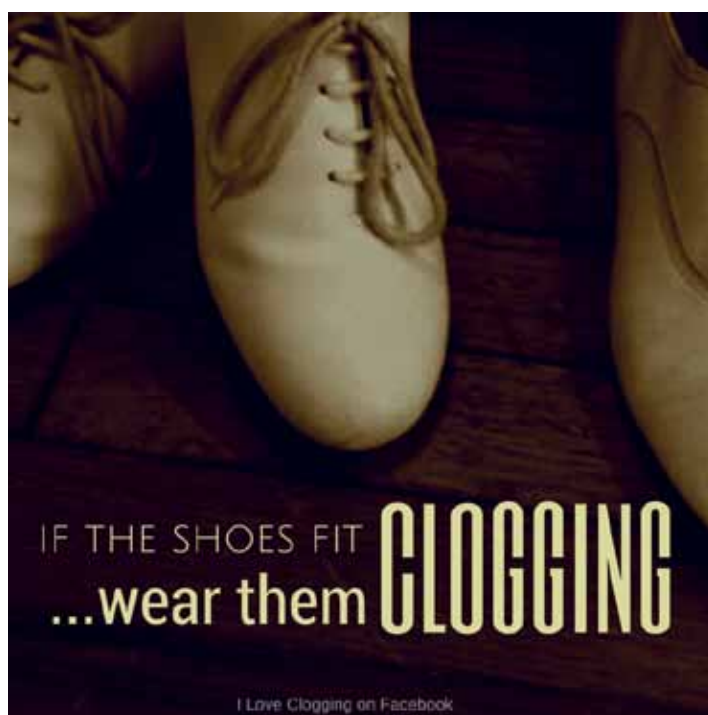


**STAR BY THE RIGHT**  
SASHAY SWING  
**DO-SI-DO**  
**ALLEMANDE LEFT**  
**SQUARE DANCE**  
**PROMENADE**  
SWING YOUR PARTNER



# MORE MEMES

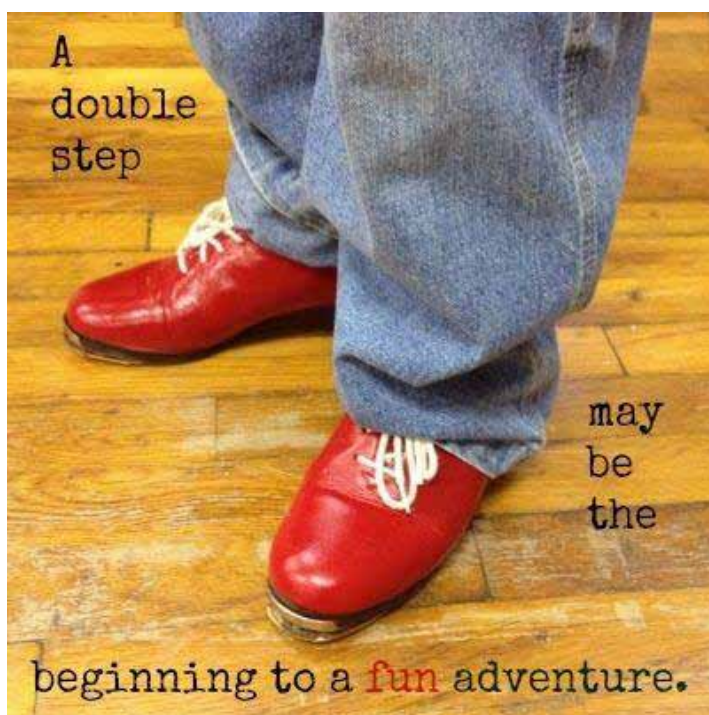
from the I Love Clogging Page  
of the Tangled Feet Cloggers







**Flange Dennison's Horse**  
**TRAVELING DIRTY** TOE BACK  
TOE UP  
**STEVE'S TOUGH STEP**  
**JOG 2 & BRUSH** STAMPERS  
**Forward Slur Arounds** RUNS  
CATAWBA TOE BACK  
FLANGE BASICS **BUCK**  
**MJ TURN** CROSS TOUCHES  
**Dirty Tip Toe**



What would  
*life*  
 be without  
*a little*  
**clogging?**





# Cloggers in the SPOTLIGHT

## Tennessee Clogger Dalton Akins ROCKS

Tennessee Clogger Dalton Akins rock steps and rocks out. Clogging since the age of three, the 23 year old has parlayed his love of rhythm into a successful role as a musician as well. Playing guitar and singing lead vocals for the American rock and roll band Backroad Brigade, Dalton and bandmates Matt White and Seth Ely deliver shows that include a mixture of rock, country, blues, and indie music.

The group performed for a packed house of cloggers as part of the show at the Smoky Mountain Encore workshop held this Spring in Gatlinburg, Tennessee. They also opened for the country rock group Little Texas in May, and have performed on the same ticket as Charlie Daniels, Marshall Tucker Band and Blackberry Smoke. Their Latest single, "Ghost", was debuted with a release party at Opry Mills Mall in Nashville, Tennessee. Backroad Brigade is based out of the Nashville Area and has been performing together since 2011.

The Double Toe Times took a moment to catch up with this talented dancer and singer.

**Double Toe Times:** At what age did you start clogging, and what drew you to clogging and dancing?

**Dalton Akins:** I began clogging at the age of 3. My mother had heard about clogging lessons being given at a place called The Grand Old Hatchery in Dickson, Tennessee with Mrs. Lana. I was an energetic child. Her plan was to have me take this class a few times a week in hopes that it would





burn some energy out of me. I'm not sure how much energy was burnt, but after the first few classes I fell completely in love with it. As the years passed, it was obvious that dance was a passion of mine. We then found a home at Miss Amy's School of the Arts where I was trained in a variety of different styles of dance such as tap, jazz, hip-hop, lyrical, musical theatre, Irish step dance and, my favorite, clogging. At Miss Amy's, I was under the clogging direction of Bubba Clyde Richardson. With the countless hours of step and technique training, he formed me into the clogger I am today. I received a special opportunity from him to perform with the square dancers at The Grand Ole Opry for one of their 4<sup>th</sup> of July shows. It was a life experience I will never forget.

**Double Toe Times:** Has your dance training been helpful in developing your music?

**Dalton Akins:** Absolutely! Through dance training, I have learned that repetition and practice are the only ways to improve and hone your skills. I use this process every single day. Whether it is practicing my bass routinely or singing a line over and over to get the melody correct, repetition is the key. Even repeatedly writing and erasing words until a song portrays the passion we are trying to convey is a form of the repetition skill technique. Repetition, repetition, repetition. Dance was always a group effort. We had to rely and trust in one another for the outcome to be something beautiful and impressive. The same goes for being in a band. Each of us has an important role on our own, but if we don't rely and communicate with one another while we are performing or writing, everything will fall apart. Treating a band like a family is truly the only way to achieve success in music and stage presence.

**Double Toe Times:** Who are your musical inspirations?

**Dalton Akins:** I have a standard when it comes to inspiration. If I'm watching someone perform live or listening to a band's album and

the hair on the back of my neck stands up, that person has inspired me. They have successfully made a connection with me by using great stage presence or moving me through their music. That is what making music is all about. It's making a connection to people through musical vibrations, words and live performances. A few of the people that have greatly inspired me as an artist and performer are Elvis Presley, Jack White and Edwin McCain.

You can learn more about Dalton and Backroad Brigade by searching Facebook for "Backroad Brigade" or by going to their website at <http://backroadbrigade.wix.com/backroadbrigade>

**Photos:** Left: Dalton Akins (2nd from left) performs with the APSU clogging team as choreography and team leader. Below: Dalton and dance partner Brianna Vincent give a lyrical dance performance.



# One Step At a Time

By Jordin Sparks

Album: Jordin Sparks ( iTunes)

Genre: Pop

Easy Intermediate/Moderate/104bpm

Choreo: Loni O'Donley-Bakersfield, CA- [clogmom1@aol.com](mailto:clogmom1@aol.com) 661-809-6406

Sequence: Intro-A-B-C-Intro-A-B-C-D-Intro-C\*-C\*-End

**Wait 4 counts/ Left Foot Lead**

Intro (16 beats)

|     |                |                                 |
|-----|----------------|---------------------------------|
| (4) | 2 Step Touches | S(ots)-Ttch-S(ots)-Ttch         |
|     |                | L            R   R            L |
|     |                | 1            2   3            4 |

|     |             |                                 |
|-----|-------------|---------------------------------|
| (4) | 1 Step Vine | S(ots)-S(xb)-S(ots)-Ttch        |
|     |             | L            R            L   R |
|     |             | 1            2            3   4 |

Repeat all of the above 8 beats with opposite footwork

Part A (32 beats)

|     |                |                    |
|-----|----------------|--------------------|
| (4) | 1 Turkey Basic | DR Hw- Tsn S-DS-RS |
|     |                | R L   L R L RL     |
|     |                | & 1   & 2 &3&4     |

|     |          |             |
|-----|----------|-------------|
| (4) | 1 Triple | DS-DS-DS-RS |
|     |          | R L   R LR  |
|     |          | &1 &2 &3 &4 |

|     |            |                          |
|-----|------------|--------------------------|
| (4) | 1 Walkover | DS-DS(xf)-DR S DR S      |
|     |            | L R            R L L R   |
|     |            | &1 &2            & 3 & 4 |

|     |                  |                |
|-----|------------------|----------------|
| (4) | 1 Chug Rock Chug | DS-CH-RS-CH SL |
|     |                  | L R   RL R L   |
|     |                  | &1 &2 &3 4     |

|     |                |  |
|-----|----------------|--|
| (4) | 1 Turkey Basic |  |
|-----|----------------|--|

|     |          |  |
|-----|----------|--|
| (4) | 1 Triple |  |
|-----|----------|--|

|     |             |                                     |
|-----|-------------|-------------------------------------|
| (4) | 1 Time Step | (p)Sto(xf)-RS-Sto(xf) RS-Sto(xf)    |
|     |             | R            LR L            RL R   |
|     |             | & 1            &2 &            3& 4 |

|     |                          |                 |
|-----|--------------------------|-----------------|
| (4) | 1 Stomp Double Rock Chug | Sto-DS-RS-CH SL |
|     |                          | L R   LR L R    |
|     |                          | &1 &2 &3 & 4    |

Part B (32 beats)

|     |        |   |
|-----|--------|---|
| (8) | 2 Joey | DS - BA(xb) BA(ots) - BA(ots) BA(xb)- BA(ots) S(ots) -                |
|     |        | L R   L            R            L            R            L           |
|     |        | &1 &            2            &            3            &            4 |

|     |                   |   |
|-----|-------------------|---|
| (8) | 1 Samantha    ½ R | DS - DS(xf) - DR S(xb) DR ½ S(ots) - RS - DS - DS - RS                                  |
|     |                   | L R            R L            L            R            LR L            R            LR |
|     |                   | &1 &2            & 3            & 4            &5 &6            &7 &8                   |

Repeat all of the above 16 beats with the same footwork facing back





## One Step at a Time

page 2  
Loni O'Donley

### Part C (32 beats)

- (8) 1 Swing Basic DS-RS-DR/K-S-RS-DR/K-S-RS-DS-RS  
L RL L R R LR R L L RL R LR  
&1 &2 & 3 & & 5 &6 &7 &8
- (4) 1 Turning Pushoff ½ L DS-RS-RS-RS ½ L  
L RL RL RL  
&1 &2 &3 &4
- (4) 1 Triple

Repeat all of the above 16 beats with the same footwork to face front

---

|                             |  |
|-----------------------------|--|
| Repeat all Intro (16 beats) | (2 Step Touch, 1 Step Vine, 2x)  |
| Repeat all A (32 beats)     | 1 Turkey Basic, 1 Triple, 1 Walkover, 1 Chug Rock Chug, 1 Turkey Basic, 1 Triple, Time Step, 1 Stomp Double Rock Chug) |
| Repeat all B (32 beats)     | 2 Joey, 1 Samantha ½ R, 2x)  |
| Repeat all C (32 beats)     | 1 Swing Basic, 1 Turning Pushoff ½ L, Triple, 2x)  |

---

### Part D (32 beats)

- (8) 1 Clogover Vine DS-DS(xf) DS(ots) DS(xib) DS(ots) DS(xf) DS-RS  
L R L R L R L R  
&1 &2 &3 &4 &5 &6 &7 &8
- (8) 2 Toe Tappers DS-Ttch/SL-DT(ots)SL-Ttch(b)SL  
R L R L R L R L  
&1 & 2 & 3 & & 4

Repeat all of the above 16 beats with opposite footwork

---

|                                  |  |
|----------------------------------|--|
| Repeat all Intro (16 beats)      | (2 Step Touches, Step Vine, 2x)                    |
| Repeat all of Part C* (32 beats) | (1 Swing Basic, 1 Turning Pushoff ¾ L, Triple, 2x) |
| Repeat all of Part C* (32 beats) | (1 Swing Basic, 1 Turning Pushoff ¾ L, Triple, 2x) |

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End (1) Step Left Foot Out to the Side

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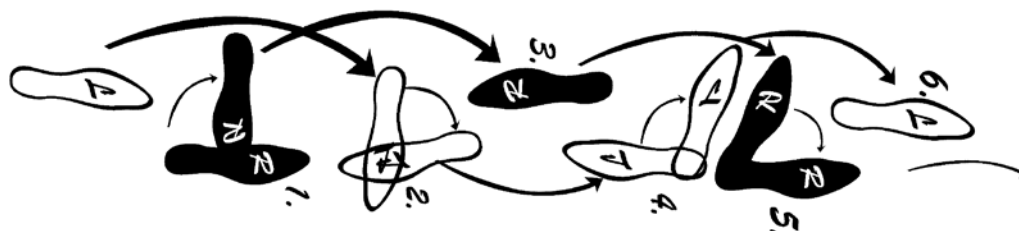
#### Abbreviations:

S – Step  
Ttch – Toe Touch  
DR – Drag  
Hw – Heel Weight  
Tsn – Toe snap

DS – Double Toe Step  
RS – Rock Step  
Ch – Chug  
SL – Slide  
Sto – Stomp

BA – Ball  
K – Kick

ots – Out To Side  
xb – Cross in Back  
p – pause ½ beat  
xf – Cross in Front  
b – back



# Crave

Interpret: Parachute; CD: Crave - Single  
 Choreo: Jeff Driggs, USA [ccajeff@aol.com](mailto:ccajeff@aol.com)  
 Oliver Kromer, Germany [Oliver@majok.de](mailto:Oliver@majok.de)  
 Sequence: A B C D A E C B\* C E End  
 Wait 16 Beats

Level: Int  
 Time: 2:46

## Part A:

|           |   |
|-----------|---|
| Rock Slur | DS SLR S(ib) R S(ots) SLR S(ib) R S(ots) SLR S(ib) RS BR UP/H |
|           | L R R L R L L R L R LR L L R                                  |
|           | &1 & 2 & 3 & 4 & 5 & 6 &7 & 8                                 |

|      |                      |
|------|----------------------|
| Eric | DS DT(b) H R H(w) RS |
|      | L R L R L RL         |
|      | &1 & 2 & 3 &4        |

|                |                    |                     |
|----------------|--------------------|---------------------|
| Heel Rock Turn | H(w) H(w) RS DS RS | turn 1/2 R on Heels |
|                | R L RL R LR        |                     |
|                | & 1 &2 &3 &4       |                     |

Repeat all above, to face front again

## Part B:

|            |  |
|------------|--|
| Pull & Run | H(w) SLR S BA(ots) BA(xif) BA(ots) BA(xib) |
|            | L R R L R L R                              |
|            | R L L R L R L                              |
|            | 1 & 2 & 3 & 4                              |

|        |             |
|--------|-------------|
| Triple | DS DS DS RS |
|        | L R L RL    |
|        | R L R LR    |
|        | &1 &2 &3 &4 |

Repeat all above

## Part C

|           |                                   |
|-----------|-----------------------------------|
| Time Bomb | STO(xif) BA BA STO(xif) BA BA STO |
|           | L R L R L R L                     |
|           | 1 & 2 & 3 & 4                     |

|                  |                    |
|------------------|--------------------|
| Crimp &<br>Basic | BA BA H H RS DS RS |
|                  | R L R L RL R LR    |
|                  | e & a 1 &2 &3 &4   |

|                         |                                |                   |
|-------------------------|--------------------------------|-------------------|
| Bounce Turn<br>& Triple | DS DT BO/BO HOP RS DS DS DS RS | Turn 1/2 R on Hop |
|                         | L R both L RL R L R LR         |                   |
|                         | &1 &a 2 3 &4 &5 &6 &7 &8       |                   |



Repeat all above, to face front again

2 Double Step DS DS

### Part D

|                  |              |              |              |       |
|------------------|--------------|--------------|--------------|-------|
| 2 Drag Slur Vine | DS DR S(xif) | DS SL S(xib) | DS DR S(xif) | DS RS |
|                  | L L R        | L L R        | L L R        | L RL  |
|                  | R R L        | R R L        | R R L        | R LR  |
|                  | &1 & 2       | &3 & 4       | &5 & 6       | &7 &8 |

### Part E:

|                 |             |                            |
|-----------------|-------------|----------------------------|
| 4 Crazy Doubles | DS DS DS DS | Turn 1/4 L - Do Crazy Arms |
|                 | L R L R     |                            |
|                 | &1 &2 &3 &4 |                            |

|              |                    |
|--------------|--------------------|
| Over the Log | BA BA p BA BA Clap |
| & Back       | L R L R            |
|              | & 1 2 & 3 4        |

Repeat 3 times, to face front again

### Part B\*

Do Part B, then add:

|             |              |
|-------------|--------------|
| Walk 4 Clap | S S S S Clap |
|             | L R L R      |
|             | 1 2 & 3 4    |

### END:

|      |   |
|------|---|
| Step | S |
|      | L |
|      | 1 |

**Sequence: A B C D A C E B\* C E**

**Want to see your choreography here in the Double Toe Times?**  
 Hundreds of instructors and dancers will see your dance cues here by sending us your cue sheets to [doubletoetimes@aol.com](mailto:doubletoetimes@aol.com).  
 What better way to let dancers and event organizers know that you are writing material and have great choreo to share.  
 You can also attach a cue sheet to a Facebook message on our fan page or email us with a link to your cue listings.

# Young and Crazy

## Matt Sexton

### Intermediate Line Dance

Artist: Frankie Ballard Country/Moderate Speed  
Choreo: **Matt Sexton** - 423-676-1305 – MattSexton@silhouettesinc.com  
Sequence: Wait 32 – A – B – C – Bridge – A – B – C – Bridge – B – C Modified – Break – D

#### **Part A (32 Beats)**

Rock N Turn Ds S S (3/4 R) S (1/4 L) Ds R  
Triple R(if) R R K (xif) K(Ots) Ds Ds S

Break N Skuff Dt S Break S S  
Break S Break R Sk Up Fl S

\*Repeat all to Face Front\*

#### **Part B (32 Beats)**

Gallop Up Ds S S S S S  
Step N Kick Hl Fl H Fl Hl Fl S Kick S Kick (Moving Up and Back to L Corner)

\*Repeat All with Right Foot Lead to R Corner\*

#### **Part C (32 Beats)**

Skuffa PotHole Ds SkUp Fl St Out Tog Break  
SkUp Fl S SkUp Fl Out Tog Up Ds R Ds(xif)

Slur Around Slur (turn 360 w/toe behind) S(ots) R Ds R R  
Fancy Double Ds S Ds S S (turn 1/2 L on Fancy)

\*Repeat All to Face Front\*

#### **Bridge 12 Beats**

Fancy Double (Turning 360 L)  
Chain Left and Right

#### **Break 8 Beats**

4 Stomps  
Fancy Double (Turning 360 L)

#### **Modified Part C (64 Beats)**

Turn 3/4 on the Slur Around and repeat Skuffa Pot Hole, Slur Around, and Fancy Double 3 Times to make a box

#### **Part D 32 Beats**

Slur N Rock Ds Ds Slide R(ib) S Ds S(ib) Ds S S  
Stomp Vine Sl S(ib) Br Up R S R S S Ds S S R R (Turn 1/2 L on Vine)

\*Repeat all to face front\*



# Love Runs Out One Republic

CD: Native

Choreography by: Lelia and Russ Hunsaker

Int: Left Foot Lead: 16 Count Wait

**Intro** 1 Kentucky Toe Slide (4)  
1 Push (4)

## REPEAT ON RIGHT

**Part A** 1 Football (8)  
1 Traveling Slur 1/2 L (8)  
1 Heel Slur Basic (4)  
1 Heel Pivot Basic 1/2L (4)  
2 Brake Step (8)  
2 Rougie Vine (16)

**Part B** 2 Slap Tap Unclog (8)  
1 Kentucky Pump Basic (8)  
2 Cha Cha fwd (8)  
1 Simone Stomp (4)  
2 Basic (4)  
1 Scotty Plus (8)  
2 Cotton Eye Joe (8)

**Part C** 1 8-count Crabwalk (8)  
2 Flare (4)  
1 Vine Rock Slur (4)  
2 Brush and Jog (8)  
1 Long Charleston Variation (8)  
1 Stagger Lee Vine (16)

**Part B** 2 Slap Tap Unclog (8)  
1 Kentucky Pump Basic (8)  
2 Cha Cha fwd (8)  
1 Simone Stomp (4)  
2 Basic (4)  
1 Scotty Plus (8)  
2 Cotton Eye Joe (8)

**Part C** 1 8-count Crabwalk (8)  
2 Flare (4)  
1 Vine Rock Slur (4)  
2 Brush and Jog (8)  
1 Long Charleston Variation (8)  
1 Stagger Lee Vine (16)

**Part D** 1 Slur Brush 1/2L (4)  
1 Slur Brush R (4)  
1 8-count Roundout (8)

## REPEAT TO FRONT

1 Kentucky Toe Slide (4)  
1 Push (4)

## REPEAT ON RIGHT

**Part A\*** 1 Football (8)  
1 Simone Travel 1/2 L (8)  
4 Steps 1/2 L (4)

**Part C** 1 8-count Crabwalk (8)  
2 Flare (4)  
1 Vine Rock Slur (4)  
2 Brush and Jog (8)  
1 Long Charleston Variation (8)  
1 Stagger Lee Vine (16)

**Part A** 1 Football (8)  
1 Simone Travel 1/2 L (8)  
1 Heel Slur Basic (4)  
1 Heel Pivot Basic 1/2L (4)  
2 Brake Step (8)  
2 Rougie Vine (16)

**End** 1 Roundout 7 (7)  
1 Step (1)

## PAGE 1 STEP Breakdown- Love Runs Out

### KENTUCKY TOE SLIDE (4)

|    |      |           |         |     |       |
|----|------|-----------|---------|-----|-------|
| DS | DRAG | STEP(xif) | DS(xib) | TOE | SLIDE |
| L  | L    | R         | L       | R   | R     |
| &1 | &    | 2         | &3      | &   | 4     |

### PUSH OFF (4)

|         |      |           |      |           |      |           |
|---------|------|-----------|------|-----------|------|-----------|
| DS (os) | BALL | STEP (os) | BALL | STEP (os) | BALL | STEP (os) |
| L       | R    | L         | R    | L         | R    | L         |
| &1      | &    | 2         | &    | 3         | &    | 4         |

### FOOTBALL (8)

|    |      |     |    |      |     |    |    |    |      |     |
|----|------|-----|----|------|-----|----|----|----|------|-----|
| DS | KICK | L/C | RS | KICK | L/C | RS | DS | RS | KICK | L/C |
| L  | R    | R/L | RL | R    | R/L | R  | R  | LR | L    | L/R |
| &1 | &    | 2   | &3 | &    | 4   | &5 | &6 | &7 | &    | 8   |

### SIMONE TRAVEL (8)

|    |           |      |      |           |      |      |      |             |    |    |
|----|-----------|------|------|-----------|------|------|------|-------------|----|----|
| DS | PULL/STEP | STEP | STEP | PULL/STEP | STEP | STEP | PULL | CHUG (1/4L) | DS | RS |
| L  | R         | R    | L    | R         | L    | L    | R    | L           | R  | LR |
| &1 | &         | 2    | &    | 3         | &    | 4    | &    | 5           | &  | 6  |

### HEEL SLUR BASIC (4)

|      |         |                         |      |    |    |
|------|---------|-------------------------|------|----|----|
| LIFT | HEEL(f) | PULL(f) (to other foot) | STEP | DS | RS |
| L    | L       | R                       | R    | L  | RL |
| &    | 1       | &                       | 2    | &3 | &4 |

### HEEL PIVOT BASIC (4)

|      |      |               |      |    |    |
|------|------|---------------|------|----|----|
| LIFT | HEEL | (pivot 1/2 L) | STEP | DS | RS |
| R    | R    |               | L    | R  | LR |
| &    | 1    | &             | 2    | &3 | &4 |

### BRAKE (4)

|             |       |         |       |      |    |
|-------------|-------|---------|-------|------|----|
| DS(f)/BREAK | PAUSE | STEP(b) | PAUSE | STEP | RS |
| L           | R     | R       |       | L    | RL |
| &1          | &     | 2       | &     | 3    | &4 |

### ROUGIE VINE (8)

|    |         |      |           |       |      |         |      |           |    |      |      |
|----|---------|------|-----------|-------|------|---------|------|-----------|----|------|------|
| DS | DS(xib) | BALL | STEP(xif) | SLIDE | STEP | DS(xib) | BALL | STEP(xif) | DS | BALL | STEP |
| L  | R       | L    | R         | R     | L    | R       | L    | R         | L  | R    | L    |
| &1 | &2      | &    | 3         | &     | 4    | &5      | &    | 6         | &7 | &    | 8    |

### SLAP TAP UNCLOG (4)

|          |           |          |       |      |
|----------|-----------|----------|-------|------|
| DT(b)/CL | TOE(b)/CL | BRUSH/CL | STAMP | STEP |
| L        | R         | L        | R     | L    |
| &a       | 1         | &        | 2     | &    |

### PUMP BASIC (8)

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

### CHA - CHA (4)

|      |           |           |           |      |      |
|------|-----------|-----------|-----------|------|------|
| LIFT | STEP(xif) | STEP(xib) | STEP(ots) | BALL | STEP |
| L    | L         | R         | L         | R    | L    |
| &    | 1         | &2        | &3        | &    | 4    |

### SIMONE STOMP (4)

|    |    |          |            |      |       |
|----|----|----------|------------|------|-------|
| DS | DS | STOMP(f) | STOMP(tog) | DRAG | SLIDE |
| L  | R  | L        | R          | BOTH | BOTH  |
| &1 | &2 | &        | 3          | &    | 4     |

### SCOTTY PLUS (8)

|    |         |     |        |     |             |            |     |          |          |      |    |    |
|----|---------|-----|--------|-----|-------------|------------|-----|----------|----------|------|----|----|
| DS | DT(xif) | L/C | DT(ux) | L/C | BOUNCE(tog) | BNC(apart) | (p) | BNC(tog) | BNC(tog) | LIFT | DS | RS |
| L  | R       | R/L | R      | RL  | BOTH        | BOTH       |     | BOTH     | BOTH     | R    | R  | LR |
| &1 | &       | 2   | &      | 3   | &           | 4          | &   | 5        | &        | 6    | &7 | &8 |

### LONG CHARLESTON VARIATION (8)

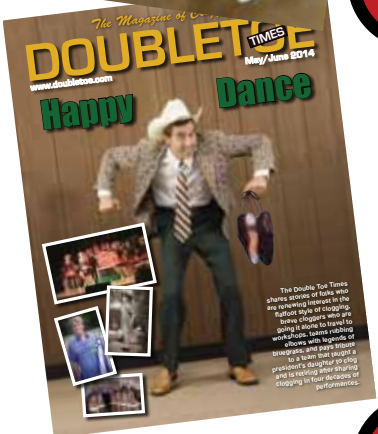
|    |            |                |             |    |    |    |        |
|----|------------|----------------|-------------|----|----|----|--------|
| DS | TCH(if)CLK | BALL(ib)HL(ib) | BALL HL(ib) | RS | DS | RS | BR/CLK |
| L  | R          | L              | R           | RL | R  | LR | L R    |
| &1 | &          | 2              | &           | 3  | &  | 4  | &5     |



## Page 2 STEP Breakdown- Love Runs Out

| COTTON EYED JOE           |                |          | (4)       | Intermediate Level                   |           |           |           |           |           |           |           |    |           |      |
|---------------------------|----------------|----------|-----------|--------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----|-----------|------|
| DT(xif)                   |                | DT(os)   |           | DS                                   | RS        |           |           |           |           |           |           |    |           |      |
| L                         |                | L        |           | L                                    | RL        |           |           |           |           |           |           |    |           |      |
| &1                        |                | &2       |           | &3                                   | &4        |           |           |           |           |           |           |    |           |      |
| DOUBLE CRAB WALK          |                |          | (8)       | No Turn *Weight on back edge of heel |           |           |           |           |           |           |           |    |           |      |
| DS                        | DS             | *HEEL(f) | *HEEL(f)  | RS                                   | *HEEL(f)  | *HEEL(f)  | RS        | DS        | RS        |           |           |    |           |      |
| L                         | R              | L        | R         | LR                                   | L         | R         | LR        | L         | RL        |           |           |    |           |      |
| &1                        | &2             | &        | 3         | &4                                   | &         | 5         | &6        | &7        | &8        |           |           |    |           |      |
| FLARE                     |                |          | (2)       |                                      |           |           |           |           |           |           |           |    |           |      |
| DT(ots)                   |                | CLICK    |           | ROCK(os)                             |           | STEP(xif) |           |           |           |           |           |    |           |      |
| L                         |                | R        |           | L                                    |           | R         |           |           |           |           |           |    |           |      |
| &                         |                | 1        |           | &                                    |           | 2         |           |           |           |           |           |    |           |      |
| VINE ROCK SLUR            |                |          | (4)       | aka Double Rock Heel Slur            |           |           |           |           |           |           |           |    |           |      |
| DS                        |                | DS(xib)  |           | BALL(xib)                            |           | HEEL(f)   |           | SLUR(xib) |           | STEP(xib) |           |    |           |      |
| L                         |                | R        |           | L                                    |           | R         |           | L         |           | L         |           |    |           |      |
| &1                        |                | &2       |           | &                                    |           | 3         |           | &         |           | 4         |           |    |           |      |
| BRUSH & JOG               |                |          | (4)       |                                      |           |           |           |           |           |           |           |    |           |      |
| DS BRUSH (f)              |                | L/C      | JOG       | JOG                                  | JOG       | JOG       |           |           |           |           |           |    |           |      |
| L R                       |                | R/L      | R         | L                                    | R         | L         |           |           |           |           |           |    |           |      |
| &1 &                      |                | 2        | &         | 3                                    | &         | 4         |           |           |           |           |           |    |           |      |
| LONG CHARLESTON VARIATION |                |          | (8)       |                                      |           |           |           |           |           |           |           |    |           |      |
| DS                        | TCH(if)CLK     | BALL(ib) | HL(ib)    | BALL                                 | HL(ib)    | RS        | DS        | RS        | BR/CLK    |           |           |    |           |      |
| L                         | R              | L R      | R         | L                                    | L         | RL        | R         | LR        | L         | R         |           |    |           |      |
| &1                        | &              | 2 &      | 3         | &                                    | 4         | &5        | & 6       | &7        | &         | 8         |           |    |           |      |
| STAGGER LEE VINE          |                |          | (8)       |                                      |           |           |           |           |           |           |           |    |           |      |
| DT                        | BALL/HTCH(ots) |          | (p)       | TCH(xif)                             | (p)       | DROP HEEL |           | RS        | DS        | DS(xib)   | DS        | RS |           |      |
| L                         | L/R            |          |           | R                                    |           | R         |           | LR        | L         | R         | L         | RL |           |      |
| &                         | 1              |          | &         | 2                                    | &         | 3         |           | &4        | &5        | &6        | &7        | &8 |           |      |
| SLUR BRUSH                |                |          | (4)       |                                      |           |           |           |           |           |           |           |    |           |      |
| DS                        | SLUR(xib)      |          | STEP(xib) |                                      | DS        | BRUSH     |           | L/C       |           |           |           |    |           |      |
| L                         | R              |          | R         |                                      | L         | R         |           | R/L       |           |           |           |    |           |      |
| &1                        | &              |          | 2         |                                      | &3        | &         |           | 4         |           |           |           |    |           |      |
| EIGHT COUNT ROUNDOUT      |                |          | (8)       |                                      |           |           |           |           |           |           |           |    |           |      |
| DS(ots)                   | BALL(xif)      | HEEL     | BALL(xib) | HL                                   | BALL(ots) | HL        | BALL(xif) | HL        | BALL(xib) | HL        | BALL(ots) | HL | BALL(ots) | HL   |
| L                         | R              | R        | L         | L                                    | R         | R         | L         | L         | R         | R         | L         | L  | R         | R    |
| &1                        | &              | 2        | &         | 3                                    | &         | 4         | &         | 5         | &         | 6         | &         | 7  | &         | 8    |
| SEVEN COUNT ROUNDOUT      |                |          | (7)       | (and Step)                           |           |           |           |           |           |           |           |    |           |      |
| DS(ots)                   | BALL(xif)      | HEEL     | BALL(xib) | HL                                   | BALL(ots) | HL        | BALL(xif) | HL        | BALL(xib) | HL        | BALL(ots) | HL | (p)       | STEP |
| L                         | R              | R        | L         | L                                    | R         | R         | L         | L         | R         | R         | L         | L  |           |      |
| &1                        | &              | 2        | &         | 3                                    | &         | 4         | &         | 5         | &         | 6         | &         | 7  | &         | 1    |

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