

Intro to Clogging Week 1

How Will I Know

Warm Up : Can't Stop The Feeling (Justin Timberlake)

New Steps : Double Step, Triple, Chain, Basketball Turn

Music: We Will Rock You (Queen)

Teach - Double Steps

My Head & My Heart (Ava Max)

Teach - Triples and Chains

Routine: How Will I Know (Whitney Houston, Clean Bandit)

Sequence: A B C A* B C* B* C

Intro: 7 Beats

Quick Cues

Part A (32 Beats)

8 2 Triples

8 2 Chains

8 2 Triples

8 2 Chains

Part B (16 beats)

2 Basketball Turn

2 2 Double Steps

12 REPEAT

Part C (24 Beats)

4 2 Rock Fwd and Bk

4 2 Stepping Vine (L & R)

4 2 V steps

2 Walk FWD & Kick

2 Walk BK & Touch

4 2 Rock Fwd and Bk

2 Stepping Vine (L)

2 3 Steps (R)

Part A* (32 Beats)

8 2 Triples

8 2 Chains

Part B (16 beats)

2 Basketball Turn

2 2 Double Steps

12 REPEAT

Part C* (24 Beats)

4 2 Rock Fwd and Bk

4 2 Stepping Vine (L & R)

4 2 V steps

2 Walk FWD & Kick

2 Walk BK & Touch

4 2 Rock Fwd and Bk

4 2 Stepping Vine (L & R)

4 2 V steps

2 Walk FWD & Kick

2 3 Steps Back

Quick Cues

Part B* (16 beats)

2 Basketball Turn

2 2 Double Steps

2 Basketball Turn

2 2 Double Steps

2 Basketball Turn

2 2 Double Steps

2 Basketball Turn

2 2 Double Steps

8 2 Triples

8 2 Chains

Part C (32 beats)

4 2 Rock Fwd and Bk

4 2 Stepping Vine (L & R)

4 2 V steps

2 Walk FWD & Kick

2 Walk BK & Touch

4 2 Rock Fwd and Bk

4 2 Stepping Vine (L & R)

4 2 V steps

2 Walk FWD & Kick

2 3 Steps Back

Step Definitions - How Will I Know

TRIPLE:

DS DS DS RS
L R L RL
&1 &2 &3 &4

CHAIN:

DS RS RS RS (MOVE FWD BK L OR R)
L RL RL RL
&1 &2 &3 &4

BASKETBALL TURN:

(P) S (FWD) PVT (1/2 R) S
L L R
& 1 & 2

ROCK FWD & BACK:

(P) S (IF) TCH (BS) S (BK) TCH (BS)
L R L R
& 1 & 2 &

STEPPING VINE:

(P) S (OTS) S (XIB) S (OTS) TCHH (OTS)
L R L R
& 1 & 2 &

V STEP: Make a 'V' with your feet

(P) S S S S
L R L R
& 1 & 2 &

WALK FWD & KICK:

(P) S (IF) (P) S (IF) (P) S (IF) (P) K
L R L R
& 1 & 2 & 3 & 4

WALK BK & TOUCH:

(P) S (B) (P) S (B) (P) S (B) (P) TCH
R L R L
& 1 & 2 & 3 & 4