

Intro to Clogging Week 1

Leave Before You Love Me

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

New Steps : Double Step, Triple, Chain

Music: We Will Rock You (Queen)

Teach - Double Steps

My Head & My Heart (Ava Max)

Teach - Kick Step Rock Steps and Chains

Routine: :Leave Before You Love Me (Marshmallow, Jonas Brothers)

Sequence: A B A B C

Intro: 16 Beats

Quick Cues

Part A (32 Beats)

8 2 Triples

8 2 Chains

8 2 Triples

8 2 Chains

Part B (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 Walk BK & Touch

Part A (32 Beats)

8 2 Triples

8 2 Chains

8 2 Triples

8 2 Chains

Part B (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 Walk BK & Touch

Part C (16 beats)

4 4 Double Step (**1/4 L**)

12 REPEAT

Step Definitions - Leave Before You Love Me

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

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