

Intro to Clogging Week 1

Cold Heart – PNAU Remix

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: Cold Heart - PNAU Remix (Elton John, Dua Lipa, PNAU)

Sequence: A B A* B C B A*

Intro: 32 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

16 REPEAT

Part A* (16 Beats)

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

16 REPEAT

Part C (16 beats)

4 4 Double Step (1/4 L)

12 REPEAT

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

16 REPEAT

Part A* (16 Beats)

8 2 Triples

8 2 Chains

Step Definitions - Cold Heart

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:

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

STEPPING VINE:

(P) S (OTS) (P) S (XIB) (P) S (OTS) (P) TCHH (OTS)
L R L R
& 1 & 2 & 3 & 4

V STEP:

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

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