

Intro to Clogging Week 1

About Damn Time

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

New Steps : Double Step, Triple, Chain

Music: We Will Rock You (Queen)
Teach - Double Steps

Routine: About Damn Time - Lizzo

Sequence: A B A* B C B A*

Intro: 8 Beats

Quick Cues

Quick Cues

Part A (32 Beats)

8 2 Triples
8 2 Chains
8 2 Triples
8 2 Chains

Part B (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 Vine Steps (R)

Part A (32 Beats)

8 2 Triples
8 2 Chains
8 2 Triples
8 2 Chains

Part B (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 Vine Steps (R)

Part C (16 beats)

4 4 Double Step (1/4 L)
12 REPEAT

Part A* (24 beats)

8 2 Triples
4 2 Rock Fwd and Bk
2 Stepping Vine (L)
2 3 Vine Steps (R)
8 2 Triples

Part B* (8 beats)

4 2 Rock Fwd and Bk
4 2 Stepping Vine (L & R)

Step Definitions - About Damn Time

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 &

3 STEP VINE:

(P) S (OTS) S (XIB) S (OTS)
L R L
& 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