

APPALACHIAN CLOGGING CLASS

Warm Up Routine

Walking

(for overall raising of pulse and blood flow)
swinging arms from shoulder, then letting elbows bend

Step

toe/heel - heel/toe

Alignment

feet slightly apart, check knees over toes and that you are not leaning back or forwards, that your weight is even and central

Shoulder rolls

Small rolls

Arm circles / Opposition arms

Gentle oblique circles

Waist twists

keep hips very still, look behind you and let your arms be very floppy and wrap around you

Hips

Move them side to side, keep feet moving

Leg swings

out /in - forward/back

Knee bends

with swinging arms

Ankle circles / Point & flex

Draw big upright circle with big toe, keep ankles very loose

Ball rises / drops / treading

Work through the foot, keep weight forward

Empty basics / alamos

Step chugs