

My Music

time: 3.04

Crash course

music: K. Loggings & J. Messina, CD „The very best of Country Rock“ Col 47756952

choreo: Mia Ruf Bahnhofstr.8 D 87665 Mauerstetten, 08341/9602341
for 7th ECTA Clogging Convention /2003

intro: wait 16 beats , clap hands start with the left foot

sequence: A B A B C B* D B** Ending

Part A

2 Basic S RS S RS
 L RL R LR
 &1 &2 &1 &2
1 Push off S RS RS RS move left
 L RL RL RL
 &1 &2 &3 &4
2 Basic S RS S RS
 R LR L RL
 &1 &2 &1 &2
1 Push TURN S RS RS RS turn ½ right
 R LR LR LR
 &1 &2 &3 &4

repeat all above and turn to front

Part B

4 x Toe Heel T H T H T H T H move diag. **left** forward
 L R L R L R L R and shake hands
 & 1 & 2 & 3 & 4
1 x Triple S S S RS move back
 L R L RL
 &1 &2 &3 &4
4 x Toe Heel T H T H T H T H move diag. **right** forward
 R L R L R L R L and shake hands
 & 1 & 2 & 3 & 4
1 x Triple S S S RS move back
 R L R LR
 &1 &2 &3 &4

repeat all above

B* *same like B , only without the last triple*

B** *same like B* , only start with right foot*

Part C (instr)

4 Toe Heel Triple T H T H T H RS move left and right
 L R L R L R LR
 & 1 & 2 & 3 &4
4 x Jazz Box T H (os) T H (xif) T H (ib) T H (os)
 L R L R L R L R
 & 1 & 2 & 3 & 4

Part D (clap)

4 x Triple S S S RS alternate feet and clap hands
 R L R LR
 &1 &2 &3 &4

Ending 4 Step full circle left