

## Mountain Dance or Appalachian Mountain Style Clogging

Duration: 90 min

### Seminar content:

Overview about the development of the originated clogging forms and their specific styles

### History

- origin – middle of 1700 in the southern Appalachian mountains  
Influences – Scotland, Ireland, England, Germany, other European countries, African, Indian
- music – in old times Mandolin, Banjo, Fiddle, or just by clapping
- Important person in the development – Bascon Lamar Lunceford. Born. 1882 in North Carolina. Was known as Minstrel Of The Appalachians. Died 1973 and left a big repertoire of stories, songs and dances. Was a musician, singer, dancer and a real mountaineer
- Reborn – at the end of the 50's and the begin of the 60's, by the American citizens and their interest in American history.

### General information

- Announcer – Caller or Lead Dancer
- Same background as Square Dance
- Having agreed upon simple Clogging steps were added to the formations

### Dance forms

Mountain Dance or Appalachian Mountain Style Clogging is danced in different styles

- –Running Set, Big Sets (called Country Hoedown)
- Couple Freestyle
- Running Set – reminds of the French Quadrille. 4 couples build one formation. Couple no.1 dances with couple no.2 the 3 then 4. All dancers dance with their partner. Then couple no.2 with couple no.3 then 4 then 1. All dancers dance with their partner. And so on.
- Evolution Big Circle Mountain Style – 2 to 4 Running Sets (Couples of 4) build a big circle. The odd's start with the even couple to their right. They make a small circle, dance the called figures and finish with a twirl. The active couples moves on to the next even couple. Can be continued endlessly or end with a London Bridge or similar figures.



- active dancer – odd´, inactive dancer - even
- also some dancers can freestyle in the middle of a circle.  
Eight Couple Greestyle – 8 couples are lead by the lead dancers through the song. Various Mountain Style Figures are used. Usually a certain Choreography and Freestyle just means that every dancer can choose their steps.
- Patter Figures
- Small Circle (Circle – 4) Formations
- Big Circle Formations
- Definition of Terms

### Revisions

Nr.	Changes	Release	Contrib.	Date
1.	Erstellung der Keywordlist		TK	2012/10/15
2.	Translation into English		OK	2015/06/26