

# ECTA EDUCATION PROGRAM

## Keywordlist – Flatfoot

Clogging, Level 4

Stand: June 2017

### Flatfoot

**Duration: 90 min**

#### Seminar content:

Theoretical and practical basics for Flatfoot in Clogging.

#### Movement & Timing

- Flatfoot consists of the movements Skuff, Pop, Slap, Step and Slide
- The Movements can be summarized in Tennessee Down and Tennessee Up
- Basically :
  1. Double Steps replaceable with Tennessee Down
  2. Rock Step, Kick, Brush as well as other 1 Beat movements, changing feet replaceable with Tennessee Up
- Movements in Flatfoot are danced on quaterbeats
- Defintion of movements:

**POP**      Pop                      From a foot flat on the floor holding the weight the toe of the foot is raised slightly and then immediately dropped again during a drag on the heel to produce a sound of the toe tap.

**SLP**      Slap                      The ball of the foot strikes (touches) the floor once during a short backward motion of the foot

- Example:

Tennessee Down	SK	POP	SLP	S
	L	R	L	L
	R	L	R	R
	e	&	a	1

Tennessee Up	SK	POP	SLP	SL
	L	R	L	R
	R	L	R	L
	e	&	a	1

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- short notation if Tennessee Down or Tennessee Up are part of a longer step:

Tennessee Down      TnDN  
                                 LLLL  
                                 RLRR  
                                 e&a1

Tennessee Up         TnUP  
                                 LRLR  
                                 RLRL  
                                 e&a1

### How to teach

- practice POP alone
- practice SK POP
- practice SLP alone
- practice SLP S or SLP SL
- practice SK POP and SLP S or SLP SL together
- put Tennessee Down and Tennessee Up in steps

### Revisions

Nr.	Changes	Release	Contrib.	Date
1.	Establishing Keywordlist		OK	30.06.17
2	Translation		OK	30.06.17