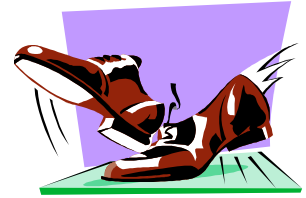


TEN RULES FOR CLOGGING



Be on time

Maybe a new clogging routine can't be started because you are not on time. Your teacher is on time, the equipment is ready and she/he is waiting for the dancers to get started. All others are on time and are only waiting FOR YOU. To be on time is a sign of respect to the others.

Be patient

If you leave early you show the teacher that you did not enjoy the lesson. The last dance is as important as the first one. Don't leave before the dance is finished, as formation and routines can't be completed and all others have to stop dancing because of YOU.

Take care of others

Personal hygiene is important. Please use a deodorant. Please ensure that you have a fresh breath and don't drink alcohol before dancing or performing. Your coordination should be at its best. Please ensure that your handclasp during formations are firm but not too tight. Don't push and pull – please take care of the other dancers.

Be ready

Please follow the instructions of your teacher – if she/he likes to continue, please don't let her/him ask you twice. Hurry to the dancing floor and show your teacher and other dancers that you like what you do and that you enjoy yourself. If a formation is danced, please take on one part and don't wait to be asked. If a partner of a couple is needed, please be prepared, ready and dance.

Be concentrated

Don't talk during the dance lessons as this may distract you and others from dancing. Please remember, there is only one teacher and you help if you be in place in time. Please listen to the teacher and her/his announcements and if necessary give other dancers a little hint or a helping hand to keep the formation going.

Be polite

Please introduce yourself to visitors and make them feel welcome. To other dancers be polite and attentive. Be respectful to your teacher – she/he is doing her/his utmost to give you the possibility to dance and learn. A teacher is always open for feedback – if you have a good time tell him! Please never leave the formation without telling somebody because everyone will have to stop if someone is missing. In case of an emergency, let other dancers know, so they understand and are able to help.

Help others

Everybody should enjoy clogging. Help other dancers if someone is asking for help, support your teacher if possible and / or necessary. The group itself is like a chain as strong as its weakest link – no one should act like a star – the group is considered as one unit – only then it will grow and become stronger. Everyone should enjoy dancing and you are responsible for your part.

Be relaxed

Don't go over the top and overburden yourself.

Clogging is a sport and can sometimes be exhausting. If you are too tired to dance please sit down and tell the others. Be concentrated – still look and hear what the teacher is explaining. You also learn from what you see and hear. Don't talk to catch another dancer's attention as this may interfere the groups concentration. Keep your balance and watch relaxed what happen on the dance floor.

Be friendly

Friendships are important. Please use the opportunity to find new friends and get to know others. Please talk to everyone during the breaks. Don't sit together in separate groups within the dance group – be open to every dancer. Give someone a chance and this may be the beginning of a new friendship.

Have fun

Expect a nice evening and you will get it. Please be positive and motivated and don't expect the teacher to make your evening – as this will most probably not happen.

Please applause at the end of each evening to show your teacher that you enjoyed her/his lesson as well as yourself for having a good evening. You will go home with a positive feeling and light hearted.

