Brenda Davies   **Basic Steps 2020**

Run   (1 beat) dS

Basic   (2 beats) dS-RS

Toe-Heel   (2 beats) T-H

Push Off   (4 beats) dS, push, push, push

lowercase = not weighted UPPERCASE = weighted - = separates beats * = when to turn	o = out to side f = front b = back x = cross	d = double toe S, s = step R = rock or right L = left	T, t = toe H, h = heel p = pause Tch = Toe touch

See a video of these four steps, http://manzanomesacloggers.weebly.com/beginner-step-videos.html

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