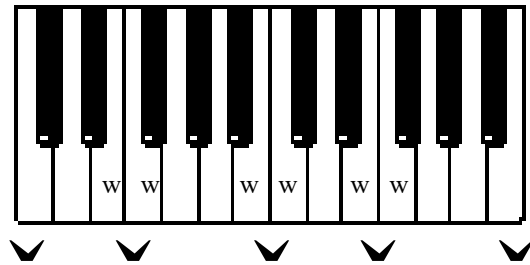"Hugging" refers to the act of choosing only the **right** (hug right) or **left** (hug left) member of the pairs of keyboard WHITE half-steps.

"mountains"

"valleys"

There are only 2 sets of these on the keyboard,
and both are in between the
TWINS and the TRIPLETS,
as if they were "valleys" in between the
"mountain ranges" known as the
TWINS and the TRIPLETS

———————————————————————

Here, the law of the opposites apply:
If the key signature is in ♯ SHARPS, then you
must hug LEFT
If the key signature is in ♭ FLATS, then you
must hug RIGHT