

Running Bear

Count: 0

Wall: 1

Level: Improver

Choreographer: Neil Hale (USA)

Music: Running Bear - The Dean Brothers



Sequence: ABC ABC ABCC

PART A

TOE STRUTS FORWARD

- 1-2 Right toe touch forward, snap right heel to floor taking weight
- 3-4 Left toe touch forward, snap left heel to floor taking weight
- 5-8 Repeat above 4 counts

ROCK STEP, SHUFFLES BACK, ROCK STEP

- 9-10 Rock forward onto right foot, rock back onto left foot
- 11&12 Right small step back, left small step back, right small step back
- 13&14 Step small step back, right small step back, left small step back
- 15-16 Rock backward onto right foot, rock forward onto left foot
- 17-32 Repeat above 16 counts

PART B

TOE STRUTS (CROSS AND SIDE), ROCK STEP, SIDE SHUFFLE

- 1-2 Right toe cross touch over left foot, right heel to floor taking weight
- 3-4 Left toe touch side left, left heel to floor taking weight
- 5-6 Right foot cross rock behind left foot, rock forward onto left foot
- 7&8 Step right small step right, step left next to right, step right small step right

TOE STRUTS (CROSS AND SIDE), ROCK STEP, SIDE SHUFFLE

- 9-10 Left toe cross touch over right foot, left heel to floor taking weight
- 11-12 Right toe touch side right, right heel to floor taking weight
- 13-14 Left cross rock behind right foot, rock forward onto right foot
- 15&16 Step left small step left, step right next to left, step left small step left
- 17-32 Repeat above 16 counts but on 15 & 16 instead of side shuffle left do stomp side left, pause

PART C

SAILOR SHUFFLES, FORWARD SHUFFLES

- 1&2 Cross step right behind left, left step in place, right step side right
- 3&4 Cross step left behind right, right step in place, left step side left
- 5&6 Right small step forward, left small step forward, right small step forward
- 7&8 Left small step forward, right small step forward, left small step forward

HEEL TAPS, ½ PIVOT LEFT, STOMP, STOMP

- 9-12 Right heel tap forward, step together, left heel tap forward, step together
- 13-14 Right step forward, pivot ½ turn left (end with weight on left)
- 15-16 Right stomp forward / to right side, left stomp forward / to left side
- 17-32 Repeat above 16 counts

ENDING

At the end of song, stomp right forward and pause, instead of "right stomp forward and side" and "left stomp forward and side". That is,

- 31 Stomp right forward, pause (for effect, stretch arms out front and back, palms down at waist height)

