

Running Bear

Count: 0

Wand: 2

Ebene: Improver

Choreograf/in: George Hum

Musik: Running Bear - The Dean Brothers



Sequence: AAB AAB AABB

PART A

HEEL SWITCHES

- 1 Touch right heel forward
- 2 Step right beside left & touch left heel forward
- 3 Step left beside right & touch right heel forward
- 4 Hold
- 5 Step right beside left & touch left heel forward
- 6 Step left beside right & touch right heel forward
- 7 Step right beside left & touch left heel forward
- 8 Hold
- & Step left beside right

HEEL SWITCHES

- 9-16 Repeat 1-8&

RIGHT VINE, SIDE SLIDE, STOMP, TOUCH

- 17-18 Step right to side, cross left over right
- 19-20 Step right to side, step left behind right
- 21& Step right to side, slide left next to right
- 22& Step right to side, slide left next to right
- 23-24 Stomp right, touch left next to right

LEFT VINE, SIDE SLIDE, STOMP, TOUCH

- 25-26 Step left to side, cross right over left
- 27-28 Step left to side, step right behind left
- 29& Step left to side, slide right next to left
- 30& Step left to side, slide right next to left
- 31-32 Stomp left, touch right next to left

PART B

WALK FORWARD, STOMP, KICK BALL CHANGE

- 1-3 Step forward right, left, right
- 4 Turn body slightly right and stomp left in front of right
- 5&6 Stomp left, right, left in place
- 7&8 Kick right forward, step right beside left, step left in place

WALK BACKWARD, STOMP, KICK BALL CHANGE

- 9-11 Step backward right, left, right
- 12 Turn body slightly right and stomp left in front of right
- 13&14 Stomp left, right, left in place
- 15&16 Kick right forward, step right beside left, step left in place

WALK FORWARD, STOMP, KICK BALL CHANGE

- 17-19 Step forward right, left, right
- 20 Turn body slightly right and stomp left in front of right

21&22 Stomp left, right, left in place
23&24 Kick right forward, step right beside left, step left in place

WALK BACKWARD, ½ TURN LEFT, KICK BALL CHANGE

25-27 Step backward right, left, right
28 Turn body slightly right and stomp left in front of right
29&30 ½ turn to left step left, right, left in place
31&32 Kick right forward, step right beside left, step left in place
