

# Running Bear Easy

**COPPER** **KNOB**  
BY SHEETS

**Count:** 32

**Wall:** 2

**Level:** Beginner

**Choreographer:** Claire Denney (CAN) - October 2015

**Music:** Running Bear - The Deans Brothers



**Intro: 16 counts**

**A: Step, Kick, Step, Kick, 4 Sways**

1 - 2 R. step right, L. kick across R  
3 - 4 L. step left, R. kick across L  
5 - 8 Step right and sway hips: R, L, R, L

**B: Rock, Recover, 1/4 Right, Brush, Rock, Recover, 1/4 Left, Brush**

1 - 2 R. rock forward, L. recover  
3 - 4 R. step 1/4 right side, L. brush forward (3:00)  
5 - 6 L. rock forward, R. recover  
7 - 8 L. step 1/4 left side, R. brush forward (12:00)

**C: Jazz Box, Step, Clap, Step Clap**

1 - 2 R. cross step over L, L. step back  
3 - 4 R. step right, L. step beside R  
5 - 6 R. step forward, CLAP  
7 - 8 L. step forward, CLAP

**D: Rocking Chair, 1/2 Pivot Left, Stomp, Stomp**

1 - 4 R. fwd rock, L. recover, R. back rock, L. recover  
5 - 6 R. step fwd, 1/2 pivot left (weight left)  
7 - 8 R. stomp fwd, L. stomp beside R.

**Ending: The ending of the song occurs at 12:00 on the last 8 counts.**

**Replace Section D with: Rocking Chair, Out, Out, Clap, In, In, Clap**

1 - 4 Rocking chair  
& 5 - 6 R step right, L. step left, Clap  
& 7 - 8 R. step home, L. step beside R, Clap

**Well Done, you are finished.**

**Try some arm/hand gestures to match the words of the song.**

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**Last Update - 29th Oct. 2015**

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