

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.

Contact: claire.denney1@gmail.com

Last Update - 29th Oct. 2015
