

Running Bear

Count: 0

Wall: 2

Level: Improver

Choreographer: George Hum

Music: 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
