

# Running Bear

Count: 40

Wall: 0

Level:

Choreographer: John Sandham (ES) & Janette Sandham (UK)

Music: Outlaw of the Heart - Dave Sheriff



## Start facing the middle

- 1 Step right
- 2 Cross left behind
- 3 ¼-turn right
- 4 Hitch left
- 5 ½-turn right
- 6 Hitch right
- 7 ½-turn right
- 8 Hitch left (facing line of dance)
  
- 9 Walk left
- 10 Walk right
- 11 ¼-turn left
- 12 Stomp right (now facing middle)
- 13 Pigeon toes
- 14 Together
- 15 Pigeon toes
- 16 Together
  
- 17 Right heel forward
- 18 Together
- 19 Left heel forward
- 20 Together
- 21 Right heel forward
- 22 Right heel forward
- 23 Right toe back
- 24 Right toe back
  
- 25 Tap right heel forward
- 26 Tap toe in place
- 27 Tap to side
- 28 Tap behind
- 29 Step right
- 30 Cross left behind right
- 31 Step right
- 32 Brush left
  
- 33-35 Roll full turn to left
- 36 Brush right
- 37 Step right
- 38 Cross left
- 39 Step right
- 40 Stomp left

**REPEAT**

