

Bear Hug

Count: 0

Wall: 2

Level: Improver

Choreographer: William Sevone (UK)

Music: Running Bear - Johnny Preston



Sequence: AAB-AAB-AAB

PART A

JAZZ BOX WITH STEP FORWARD, FORWARD LOCKSTEP, ROCK FORWARD-BACKWARD

- 1-2 Cross step right foot over left, step backward onto left foot
- 3-4 Step right foot to right side, step forward onto left foot
- 5-6 Lock right foot behind left heel, step forward onto left foot
- 7-8 Rock forward onto right foot, rock onto left foot

REVERSE JAZZ BOX WITH STEP BACKWARD, ROCK BACKWARD-FORWARD, WALK FORWARD (RIGHT, LEFT)

- 9-10 Cross step right foot behind left, step forward onto left foot
- 11-12 Step right foot to right side, step backward onto left foot
- 13-14 Rock backward onto right foot, rock onto left foot
- 15-16 Walk forward: right foot, left foot

FORWARD TURNING TOE STRUTS, STEP FORWARD, PIVOT ½ RIGHT,

- 17-18 Step forward onto right toe, turn ¼ left & drop right heel to floor
- 19-20 Turn ¼ left & step backward onto left toe, turn ¼ left & drop left heel to floor
- 21-22 Turn ¼ left & step forward onto right toe, drop right heel to floor
- 23-24 Step forward onto left foot, pivot ½ right weight on right foot)

2X STEP FORWARD-LOCKSTEP-STEP FORWARD, FORWARD SCUFF

- 25-26 Step forward onto left foot, lock right foot behind left heel
- 27-28 Step forward onto left foot, step forward onto right foot
- 29-30 Lock left foot behind right heel, step forward onto right foot
- 31-32 Step forward onto left foot, scuff right foot forward

PART B

CROSS SHUFFLE, SIDE ROCK, ROCK, STEP BEHIND-TOGETHER-CROSS, SIDE ROCK, ROCK

- 1&2 Cross step right foot over left, step left foot to left side, cross step right foot over left
- 3-4 Rock left foot to left side, rock onto right foot
- 5&6 Cross step left foot behind right, step right foot next to left, cross step left foot over right
- 7-8 Rock right foot to right side, rock onto left foot

¼ RIGHT SIDE STEP, ¼ RIGHT ROCK FORWARD, ROCK BACKWARD, ¼ LEFT SIDE STEP, ¼ LEFT ROCK FORWARD, ROCK BACKWARD, FULL TURN TRIPLE STEP

- 9-10 Turn ¼ right & step right foot to right side, turn ¼ right & rock forward onto left foot
- 11-12 Rock onto right foot, turn ¼ left & step left foot to left side
- 13-14 Turn ¼ left & rock forward onto right foot, rock onto left foot
- 15&16 (On the spot) triple step full turn right - stepping right, left-right

2X SIDE ROCK-STEP-TOGETHER-HOLD

- 17-18 Rock step left foot to left side, step onto right foot
- 19-20 Step left foot next to right, hold
- 21-22 Rock step right foot to right side, step onto left foot
- 23-24 Step right foot next to left, hold

STEP FORWARD, PIVOT ½ RIGHT, TOGETHER, STEP FORWARD, PIVOT ½ LEFT, TOGETHER, FULL TURN TRIPLE STEP

- 25-26 Step forward onto left foot, pivot ½ right (weight on right foot)
27 Step left foot next to right
28-29 Step forward onto right foot, pivot ½ left (weight on left foot)
30 Step right foot next to left
31&32 (On the spot) triple step full turn left - stepping left, right-left

ENDING

The dance will end on count 32 of Part B. To end, place right hand on hat brim-left hand on left hip
