

# Running Bear

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Mona Andersen (DK) - September 2007

**Music:** Running Bear - Johnny Preston



**(8 count intro)**

**Make 1/4 turn right shuffle x 4**

- 1&2 Turn 1/4 right and step right forward. Close left to right. Step right forward.
- 3&4 Turn 1/4 right and step left forward. Close right to left. Step left forward.
- 5&6 Turn 1/4 right and step right forward. Close left to right. Step right forward.
- 7&8 Turn 1/4 right and step left forward. Close right to left. Step left forward.

**Heel taps. Coaster step. Heel taps. Coaster step**

- 1-2 Touch right heel forward x 2
- 3&4 Step on right. Step left beside. Step forward right
- 5-6 Touch left heel forward x 2
- 7&8 Step back on left. Step right beside. Step forward left

**Chasse. Back rock. Chasse. Back rock**

- 1&2 Step right to right. Close left beside right. Step right to right
- 3-4 Rock back on left/recover on right
- 5&6 Step left to left. Close right beside left. Step left to left
- 7-8 Rock back on right/recover on left

**Diagonal steps with touch x 3. 1/4 turn left, touch**

- 1-2 Step right diagonally forward. Touch left together
  - 3-4 Step left diagonally back. Touch right together
  - 5-6 Step right diagonally back. Touch left together
  - 7-8 Turn 1/4 left. Touch right beside left
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