

# Running Bear

**COPPER KNOB**  
STEPPERS

拍数: 0      墙数: 2      级数: Improver  
编舞者: George Hum  
音乐: 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

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