

# Running Bear

**COPPER KNOB**  
STEPPERS

拍數: 0                      牆數: 1                      級數: Improver  
編舞者: Neil Hale (USA)  
音樂: Running Bear - The Dean Brothers



Sequence: ABC ABC ABCC

## PART A

### TOE STRUTS FORWARD

- 1-2                      Right toe touch forward, snap right heel to floor taking weight
- 3-4                      Left toe touch forward, snap left heel to floor taking weight
- 5-8                      Repeat above 4 counts

### ROCK STEP, SHUFFLES BACK, ROCK STEP

- 9-10                      Rock forward onto right foot, rock back onto left foot
- 11&12                      Right small step back, left small step back, right small step back
- 13&14                      Step small step back, right small step back, left small step back
- 15-16                      Rock backward onto right foot, rock forward onto left foot
- 17-32                      Repeat above 16 counts

## PART B

### TOE STRUTS (CROSS AND SIDE), ROCK STEP, SIDE SHUFFLE

- 1-2                      Right toe cross touch over left foot, right heel to floor taking weight
- 3-4                      Left toe touch side left, left heel to floor taking weight
- 5-6                      Right foot cross rock behind left foot, rock forward onto left foot
- 7&8                      Step right small step right, step left next to right, step right small step right

### TOE STRUTS (CROSS AND SIDE), ROCK STEP, SIDE SHUFFLE

- 9-10                      Left toe cross touch over right foot, left heel to floor taking weight
- 11-12                      Right toe touch side right, right heel to floor taking weight
- 13-14                      Left cross rock behind right foot, rock forward onto right foot
- 15&16                      Step left small step left, step right next to left, step left small step left
- 17-32                      Repeat above 16 counts but on 15 & 16 instead of side shuffle left do stomp side left, pause

## PART C

### SAILOR SHUFFLES, FORWARD SHUFFLES

- 1&2                      Cross step right behind left, left step in place, right step side right
- 3&4                      Cross step left behind right, right step in place, left step side left
- 5&6                      Right small step forward, left small step forward, right small step forward
- 7&8                      Left small step forward, right small step forward, left small step forward

### HEEL TAPS, ½ PIVOT LEFT, STOMP, STOMP

- 9-12                      Right heel tap forward, step together, left heel tap forward, step together
- 13-14                      Right step forward, pivot ½ turn left (end with weight on left)
- 15-16                      Right stomp forward / to right side, left stomp forward / to left side
- 17-32                      Repeat above 16 counts

## ENDING

At the end of song, stomp right forward and pause, instead of "right stomp forward and side" and "left stomp forward and side". That is,

- 31                      Stomp right forward, pause (for effect, stretch arms out front and back, palms down at waist height)

