

# Bear Walk

拍數: 128      牆數: 1      級數: Intermediate / Advanced  
編舞者: Lydia Stephenson  
音樂: Come On Back - Carlene Carter



## RIGHT TOE AND HEEL TAPS, STEP ACROSS AND HOLD:

- 1-2            Two right toe taps-allow hips to 'twist', right toes twist & face into left instep
- 3-4            Two right heel taps-allow hips to 'twist', right heel faces to left instep
- 5-6            Right toe tap; right heel tap-allow hips to 'twist', right toes to left instep, right heel to left instep
- 7-8            Step down right across in front of left; hold

### NOTE: The following are how the above should be done:

- Right toe tap (turn foot so toe taps floor at 9 o'clock)
- Right heel tap (turn foot so toe points at 3 o'clock)
- Left toe tap (turn foot so toe taps floor at 3 o'clock)
- Left heel tap (turn foot so toe points at 9 o'clock)

## LEFT TOE AND HEEL TAPS, STEP ACROSS AND HOLD:

- 9-10           Two left toe taps, allow hips to 'twist'; left toe twist & faces into right instep
- 11-12          Two left heel taps, allow hips to 'twist'; left heel faces into right instep
- 13-14          Left toe tap; left heel tap-allow hips to 'twist'; left toes twist in, left heel twists into right instep
- 15-16          Step down left across in front of right; hold

## RIGHT AND LEFT TOE AND HEEL TAP AND STEP ACROSS:

- 17-19          Right toe tap; right heel tap; step down right across in front of left, allow hips to 'twist'
- 20-22          Left toe tap; left heel tap; step down left across in front of right, twist action
- 23-25          Right toe tap; right heel tap; step down right across in front of left, twist action
- 26-28          Left toe tap; left heel tap; step down left across in front of right, twist action

## RIGHT TOE/HEEL TAP, AND DOUBLE KICK:

- 29-30          Right toe tap, right heel tap
- 31-32          Kick right foot forward twice

## LOCKED STEP RIGHT BACK AND SLIDE LEFT:

- 33-34          Cross right over in front of left & slightly behind; slide left back (travel backwards)
- 35-36          Step right back; slide left back (right stays crossed in front of left)
- 37-38          Step right back; slide left back, keeping ankles crossed
- 39-40          Step right back; slide left back, keeping ankles crossed, weight ends on left

## BACK STEP AND FULL TURN LEFT, THE HIP THRUSTS:

- 41-44          Step right back, pivot full turn-3 count turn to left
- 45-48          Left hip thrust; right hip thrust; left hip thrust; right hip thrust & crossed ankle dips (collapses)  
weight ends on left

## RIGHT AND LEFT SCUFF AND STEP:

- 49-50          Scuff right foot forward; right step down
- 51-52          Scuff left foot forward; left step down
- 53-54          Scuff right foot forward; right step down
- 55-56          Scuff left foot forward; left step down

## SCUFF AND STEP, MAKING FULL TURN TO LEFT:

- 57-58          Scuff right foot forward; right step down, with  $\frac{1}{4}$  turn left
- 59-60          Scuff left foot forward; left step down, with  $\frac{1}{4}$  turn left

61-64 (on balls of both feet) complete slow ½ turn left, weight ends on left

**RIGHT AND LEFT STEP FORWARD AND WIGGLE:**

65-66 Step right forward with wiggle; hold with wiggle

67-68 Step left forward with wiggle; hold with wiggle

69-70 Step right forward with wiggle; hold with wiggle

71-72 Step left forward with wiggle; hold with wiggle

**FORWARD STEPS WITH WIGGLE WITH HANDS AT BACK OF HEAD AND ON THE WAIST:**

73-74 Step right forward with wiggle, place right hand on back of head (at ear level); hold with wiggle

75-76 Step left forward with wiggle, place left hand back of head (at ear level); hold with wiggle

77-78 Step right forward with wiggle, place right hand back to waist; hold with wiggle

79-80 Step left forward with wiggle, place left hand back to waist; hold with wiggle

**4 SCOOTERS FORWARD:**

81-82 Scoot/jump forward on both feet, left foot slightly forward of right; hold

83-88 Repeat 3 times, (81-82) weight ends on left

**BOOGIE BACK:**

89-96 Right; left; right; left; right; left; right; left (i.e., Right step back on ball of foot with toe pointed to 11 o'clock & twist heel in)

**8 COUNT GRAPEVINE RIGHT:**

97-104 Step right to side; step left behind; step right to side; cross left in front of right; step right to side; step left behind; step right to side; scuff forward left beside right

**8 COUNT GRAPEVINE LEFT:**

105-112 Step left to side; step right behind; step left to side; cross right in front of left; step left to side; step right behind; step left to side; scuff forward right beside left

**RIGHT AND LEFT STEP OVER, ROCK STEPS AND SCUFF:**

113-116 Step right across left; rock back on left; rock forward on right; scuff forward left

117-120 Step left across right; rock back on right; rock forward on left; scuff forward right

121-124 Step right across left; rock back on left; rock forward on right; scuff forward left

125-128 Step left across right; rock back on right; rock forward on left; scuff forward right.

**REPEAT**

---