

# Bearfootin'

拍數: 0                      牆數: 2                      級數: Intermediate  
編舞者: John Robinson (USA)  
音樂: The Three Bears - The Dean Brothers



Sequence: ABB, ABB, ABA, BBB

## PART A

### TOE STRUTS TO RIGHT DIAGONAL

- 1                      Step right toe to right diagonal
- 2                      Drop right heel taking weight
- 3                      Step left toe forward across right
- 4                      Drop left heel taking weight
- 5                      Step right toe to right diagonal
- 6                      Drop right heel taking weight
- 7                      Step left toe forward across right
- 8                      Drop left heel taking weight

On odd counts raise arms to shoulder level on even counts drop arm clicking fingers

### STEP ¼ PIVOT LEFT WITH HOLDS TWICE

- 9                      Step forward right
- 10                     Hold
- 11                     Pivot ¼ turn left
- 12                     Hold
- 13                     Step forward right
- 14                     Hold
- 15                     Pivot ¼ turn left
- 16                     Hold

### RIGHT KICK, HOOK TWICE & TWIST

- 17                     Kick right forward
- 18                     Hook right across left shin
- 19                     Kick right forward
- 20                     Hook right across left shin
- 21                     Step ball of right to right side twisting heels to right
- 22                     Twist heels left
- 23                     Twist heel right
- 24                     Twist heels to center taking weight onto right

### LEFT KICK, HOOK TWICE & TWIST

- 25                     Kick left forward
- 26                     Hook left across right shin
- 27                     Kick left forward
- 28                     Hook left across right shin
- 29                     Step ball of left to left side twisting heels to left
- 30                     Twist heels right
- 31                     Twist heels left
- 32                     Twist heels to center taking weight onto left

## PART B

### ¼ MONTEREY TURNS RIGHT TWICE

- 1                      Touch right toe to right side

- 2 On ball of left pivot  $\frac{1}{4}$  turn right, stepping right beside left
- 3 Touch left to left side
- 4 Step left beside right
- 5 Touch right toe to right side
- 6 On ball of left pivot  $\frac{1}{4}$  turn right, stepping right beside left
- 7 Touch left to left side
- 8 Step left beside right

#### **STEP FORWARD, LOCK, STEP FORWARD, HOLD, WITH RIGHT & LEFT**

- 9 Step forward right
- 10 Lock step left behind right
- 11 Step forward right
- 12 Hold
- 13 Step forward left
- 14 Lock step right behind left
- 15 Step forward left
- 16 Hold

#### **ROCKS FORWARD & BACK, STEP FORWARD, HOLD, PIVOT $\frac{1}{2}$ TURN LEFT**

- 17 Rock forward on right
- 18 Rock back onto left
- 19 Rock back on right
- 20 Rock forward onto left
- 21 Step forward right
- 22 Hold
- 23 Pivot  $\frac{1}{2}$  turn left
- 24 Hold

#### **STEP FORWARD, HOLD TOGETHER, HOLD, RIGHT & LEFT SIDE TOUCHES**

- 25 Step forward right
- 26 Hold
- 27 Step left beside right
- 28 Hold
- 29 Touch right to right side
- 30 Step right beside left
- 31 Touch left toe to left side
- 32 Step left beside right

#### **RIGHT & LEFT KNEE POPS**

- 33 Pop right knee forward raising right heel
  - 34 Return right to place
  - 35 Pop left knee forward raising left heel
  - 36 Return left to place
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