

# Running Bear

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mona Andersen (DK) - September 2007  
音樂: 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

---