

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
