

# BEAR WALK

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**Count:** 128

**Wall:** 1

**Level:** Intermediate / Advanced

**Choreographer:** Lydia Stephenson

**Music:** Come On Back by 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  $\frac{1}{2}$  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 SCOTS 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**