

Running Bear

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Mona Andersen (DK) Sept 07

Music: Running Bear by Johnny Preston (128 bpm)

(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