

Running Bear Easy

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Claire Denney - Penticton, BC Canada - Oct 2015

Music: Running Bear by The Deans Brothers

Intro: 16 counts

A: Step, Kick, Step, Kick, 4 Sways

1 - 2R. step right, L. kick across R

3 - 4L. step left, R. kick across L

5 - 8 Step right and sway hips: R, L, R, L

B: Rock, Recover, 1/4 Right, Brush, Rock, Recover, 1/4 Left, Brush

1 - 2R. rock forward, L. recover

3 - 4R. step 1/4 right side, L. brush forward (3:00)

5 - 6L. rock forward, R. recover

7 - 8L. step 1/4 left side, R. brush forward (12:00)

C: Jazz Box, Step, Clap, Step Clap

1 - 2R. cross step over L, L. step back

3 - 4R. step right, L. step beside R

5 - 6R. step forward, CLAP

7 - 8L. step forward, CLAP

D: Rocking Chair, 1/2 Pivot Left, Stomp, Stomp

1 - 4R. fwd rock, L. recover, R. back rock, L. recover

5 - 6R. step fwd, 1/2 pivot left (weight left)

7 - 8R. stomp fwd, L. stomp beside R.

Ending: The ending of the song occurs at 12:00 on the last 8 counts.

Replace Section D with: Rocking Chair, Out, Out, Clap, In, In, Clap

1 - 4 Rocking chair

& 5 - 6R step right, L. step left, Clap

& 7 - 8R. step home, L. step beside R, Clap

Well Done, you are finished.

Try some arm/hand gestures to match the words of the song.

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