

RUNNING BEAR

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Count: — **Wall:** 2 **Level:** beginner/intermediate

Choreographer: George Hum

Music: Running Bear by The Dean Brothers

Sequence:AAB AAB AABB

PART A

HEEL SWITCHES

- 1 Touch right heel forward
- 2 Step right beside left & touch left heel forward
- 3 Step left beside right & touch right heel forward
- 4 Hold
- 5 Step right beside left & touch left heel forward
- 6 Step left beside right & touch right heel forward
- 7 Step right beside left & touch left heel forward
- 8 Hold
- & Step left beside right

HEEL SWITCHES

- 9-16 Repeat 1-8&

RIGHT VINE, SIDE SLIDE, STOMP, TOUCH

- 17-18 Step right to side, cross left over right
- 19-20 Step right to side, step left behind right
- 21& Step right to side, slide left next to right
- 22& Step right to side, slide left next to right
- 23-24 Stomp right, touch left next to right

LEFT VINE, SIDE SLIDE, STOMP, TOUCH

- 25-26 Step left to side, cross right over left
- 27-28 Step left to side, step right behind left

29& Step left to side, slide right next to left

30& Step left to side, slide right next to left

31-32 Stomp left, touch right next to left

PART B

WALK FORWARD, STOMP, KICK BALL CHANGE

1-3 Step forward right, left, right

4 Turn body slightly right and stomp left in front of right

5&6 Stomp left, right, left in place

7&8 Kick right forward, step right beside left, step left in place

WALK BACKWARD, STOMP, KICK BALL CHANGE

9-11 Step backward right, left, right

12 Turn body slightly right and stomp left in front of right

13&14 Stomp left, right, left in place

15&16 Kick right forward, step right beside left, step left in place

WALK FORWARD, STOMP, KICK BALL CHANGE

17-19 Step forward right, left, right

20 Turn body slightly right and stomp left in front of right

21&22 Stomp left, right, left in place

23&24 Kick right forward, step right beside left, step left in place

WALK BACKWARD, ½ TURN LEFT, KICK BALL CHANGE

25-27 Step backward right, left, right

28 Turn body slightly right and stomp left in front of right

29&30½ turn to left step left, right, left in place

31&32 Kick right forward, step right beside left, step left in place