

RUNNING BEAR

LINEDANCE.COM

Count: —

Wall: 1

Level: beginner/intermediate

Choreographer: Neil Hale

Music: Running Bear by The Dean Brothers

Sequence:ABC ABC ABCC

PART A

TOE STRUTS FORWARD

- 1-2 Right toe touch forward, snap right heel to floor taking weight
- 3-4 Left toe touch forward, snap left heel to floor taking weight
- 5-8 Repeat above 4 counts

ROCK STEP, SHUFFLES BACK, ROCK STEP

- 9-10 Rock forward onto right foot, rock back onto left foot
- 11&12 Right small step back, left small step back, right small step back
- 13&14 Step small step back, right small step back, left small step back
- 15-16 Rock backward onto right foot, rock forward onto left foot
- 17-32 Repeat above 16 counts

PART B

TOE STRUTS (CROSS AND SIDE), ROCK STEP, SIDE SHUFFLE

- 1-2 Right toe cross touch over left foot, right heel to floor taking weight
- 3-4 Left toe touch side left, left heel to floor taking weight
- 5-6 Right foot cross rock behind left foot, rock forward onto left foot
- 7&8 Step right small step right, step left next to right, step right small step right

TOE STRUTS (CROSS AND SIDE), ROCK STEP, SIDE SHUFFLE

- 9-10 Left toe cross touch over right foot, left heel to floor taking weight
- 11-12 Right toe touch side right, right heel to floor taking weight
- 13-14 Left cross rock behind right foot, rock forward onto right foot
- 15&16 Step left small step left, step right next to left, step left small step left

17-32 Repeat above 16 counts but on 15 & 16 instead of side shuffle left do stomp side left, pause

PART C

SAILOR SHUFFLES, FORWARD SHUFFLES

1&2 Cross step right behind left, left step in place, right step side right

3&4 Cross step left behind right, right step in place, left step side left

5&6 Right small step forward, left small step forward, right small step forward

7&8 Left small step forward, right small step forward, left small step forward

HEEL TAPS, ½ PIVOT LEFT, STOMP, STOMP

9-12 Right heel tap forward, step together, left heel tap forward, step together

13-14 Right step forward, pivot ½ turn left (end with weight on left)

15-16 Right stomp forward / to right side, left stomp forward / to left side

17-32 Repeat above 16 counts

ENDING

At the end of song, stomp right forward and pause, instead of "right stomp forward and side" and "left stomp forward and side". That is,

31 Stomp right forward, pause (for effect, stretch arms out front and back, palms down at waist height)