

"RUNNING BEAR"

Neil Hale

Description: Line dance (96 cts.) 1 wall

Skill level; Easy intermediate

Choreographer: NEIL HALE, Pleasanton, Ca. (510) 462-6572 - May, 1997

Music: *Running Bear* by: The Dean Brothers off "On The Right Track" CD

Note: This song by any other artist, including Johnny Preston, will not work.

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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:

1 - 2 Rock forward onto right foot; Rock back onto left foot

3 & 4 Right small step back; Left small step back; Right small step back

5 & 6 Left small step back; Right small step back; Left small step back

7 - 8 Rock backward onto right foot; Rock forward onto left foot

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:

1 - 2 Left toe cross touch over right foot; Left heel to floor taking weight

3 - 4 Right toe touch side right; Right heel to floor taking weight

5 - 6 Left cross rock behind right foot; Rock forward onto right foot

7 & 8 Step left small step left; Step right next to left; Step left small step left

REPEAT ABOVE 16 COUNTS, BUT ON 15 & 16 INSTEAD OF SIDE SHUFFLE LEFT DO A STOMP SIDE LEFT CT.15, AND PAUSE CT.16

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, 1/2 PIVOT LEFT, STOMP, STOMP (end feet spread):

1 - 4 Right heel tap forward; Step together; Left heel tap forward; Step together

5 - 6 Right step forward; Pivot 1/2 turn left (end weight left)

7 - 8 Right stomp forward and side right; Left stomp forward and side left

REPEAT ABOVE 16 COUNTS:

IMPORTANT NOTE: THE DANCE IS CHOREOGRAPHED SPECIFICALLY FOR RUNNING BEAR BY THE DEAN BROTHERS AND THE PARTS MUST FOLLOW EACH OTHER IN THE FOLLOWING ORDER: PARTS A,B,C; A,B,C; A,B,C,C. AT THE END OF SONG AND DANCE, DANCERS SHALL STOMP RIGHT FORWARD AND PAUSE, INSTEAD OF "RIGHT STOMP FORWARD AND SIDE" AND "LEFT STOMP FORWARD AND SIDE." Note that no other versions of the song "Running Bear," including Johnny Preston's, will work properly for this dance. Phone 001 44 1604 35533, in London to order CD.