

Philip Tan's BroncoBeat

Running Bear

Choreographed by Neil Hale

Description: 96 count, 1 wall, beginner/intermediate line dance

Music: **Running Bear** by Dean Brothers

Note: PHRASING: The parts must follow each other in the following order: 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 and dance, 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)*