

RUNNING BEAR

Level: easy intermediate

Music: by Johnny Preston

Time: 2:36, bpm: 112

CD HITS OF THE USA, fox music 60752 FU 1092, FP 1G43

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Sequence: **A¹ B C A² B C A³ B C End**

Wait 8 beats, start with left foot

Part A		(32 beats)	
Fancy Double (L)	DS DS RS RS	*) A¹ Fancy Double Turn 1/4 L A² Fancy Double Turn 2/4 L A³ Fancy Double Turn 3/4 L	
turn *) L	L R LR LR		
	&1 &2 &3 &4		
Triple Lick (L)	DS DT UP/H DT UP/H DT UP/H	shadow eyes with L hand & look into the far distance as if "indian style"	
	L R R L R R L R R L		
	&1 & 2 & 3 & 4		
Cowboy (R)	DS DS DS BR UP/H (turn 1/2 R)	DS(xif) RS RS RS	move arms as if "swimming" on Heels = beat "&3"
turn 1/2 R	R L R L L R	L RL RL RL move forw.	
	&1 &2 &3 & 4	&5 &6 &7 &8	
Heel Walk (R)	DS DS H(w) H(w) RS	shadow eyes with R hand & look into the far distance as if "indian style"	
	R L R L RL		
	&1 &2 & 3 &4		
Triple Lick (R)	DS DT UP/H DT UP/H DT UP/H	R hand on heart	
	R L L R L L R L L R		
	&1 & 2 & 3 & 4		
Samantha (L)	DS DS(xif) DR S(ib) DR S(ib) RS DS DS RS	R hand on heart	
	L R R L L R LR L R LR		
	&1 &2 & 3 & 4 &5 &6 &7 &8		
Part B		(32 beats)	
Triple (L)	DS DS DS RS)turn 1/4 L)on beat 4	
turn 1/4 L	L R L RL		
	&1 &2 &3 &4		
Soccer (R)	DS DT UP/H DS RS)turn 1/4 R)on beat 1-2	
turn 1/4 R	R L L R L RL		
	&1 & 2 &3 &4		
Fancy Double (R)	DS DS RS RS	wave with L hand	
	R L RL RL		
	&1 &2 &3 &4		
Fancy Kick (R)	DS DS RS KK UP/H		
	R L RL R R L		
	&1 &2 &3 & 4		
repeat all with opposite foot			
Part C		(32 beats)	
Running Bear (L)	DS DS DS DS DR S(ib) DR S(ib) DR S(ib) RS	(move diagonal L forward & back)	
(use arms as if "walking")	L R L R R L L R R L RL		
	&1 &2 &3 &4 & 5 & 6 & 7 &8		
Heel Walk (R)	DS DS H(w) H(w) RS		
Karate (R)	DS KK (turn 1/2 R) H DS KK UP/H		
	R L R L R R L		
	&1 & 2 &3 & 4		
repeat all with opposite foot			
End:		(8 beats)	
4 Basic	DS RS DS RS	shake arms upwards to heaven on last 2 Basic	
	L RL R LR		
	&1 &2 &1 &2		