

TITLE: RUNNING BEAR
By: Sonny James

CHOREO: Marge Callahan (Florida)
LEVEL: Beginner Circle Dance

(16) Wait

PART A:

(8) 8-Walkits(*)--Forward (L)
(8) 8-Running Clogs--Forward (L)
REPEAT

PART B:

(8) 4-Rock Steps(**)--Turn 1/4 L (L)
(8) 4-Side Brushes (L)
REPEAT

PART C:

(16) 2-Push Left & Right (L)
(8) 4-Rock Steps--Half Left (L)
(4) 2-Side Brushes (L)
(8) 2-Push Left & Right (L)

PART A:

(8) 8-Walkits(*)--Forward (L)
(8) 8-Running Clogs--Forward (L)
REPEAT

PART B:

(8) 4-Rock Steps(**)--Turn 1/4 L (L)
(8) 4-Side Brushes (L)
REPEAT

PART C:

(16) 2-Push Left & Right (L)
(8) 4-Rock Steps--Half Left (L)
(4) 2-Side Brushes (L)
(8) 2-Push Left & Right (L)

PART A:

(8) 8-Walkits(*)--Forward (L)
(8) 8-Running Clogs--Forward (L)
REPEAT

PART B:

(8) 4-Rock Steps(**)--Turn 1/4 L (L)
(8) 4-Side Brushes (L)
REPEAT

PART C:

(16) 2-Push Left & Right (L)
(8) 4-Rock Steps--Half Left (L)
(4) 2-Side Brushes (L)
(8) 2-Push Left & Right (L)

ENDING:

(6) 6-Running Clogs (L)
(2) 1-Basic (L)

DIRECTIONS:

(*) On first four beats, bend forward and down from the waist, head down. On last 4, straighten

(**) Turn 1/4 Left on first set of Rock Steps so that all are facing "in" to circle. Join hands in forearm grip.