

RUNNING BEAR

Level: Beginner Plus

Time: 2:43

Total Beats: 324

RECORD: Capitol Records, Starline/Super oldies 6145  
Sonny James

CHOREO: Marge Callahan, Sugar Foot Family Cloggers

INTRO: Wait 16 Beats, Start with LEFT foot- Head behind head in a single circle facing Line of Dance

P	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>
A	TOE/HEEL	TOE/HEEL	TOE/HEEL	TOE/HEEL	TOE/HEEL	TOE/HEEL	TOE/HEEL	TOE/HEEL
R	& 1	& 2	& 3	& 4	& 5	& 6	& 7	& 8
T								

(On first four beats bend forward and down from the waist, head down. On last four beats straighten body, head up, creating a "War Dance" affect)

A	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	
	DTS	DTS	DTS	DTS	DTS	DTS	DTS	DTS	(Moving forward)
	& 1	& 2	& 3	& 4	& 5	& 6	& 7	& 8	

REPEAT ABOVE 16 BEATS (Total 32 beats)

P	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	
A	DTSRS (turn 1/4 LEFT)	DTSRS	DTSRS	DTSRS	(After 1ST DTSRS, form a single circle, all facing in, using a FOREARM grip)
R	& 1&2	& 3&4	& 1&2	& 3&4	
T					

B	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	
	DTS	BRUSH(A)	HEEL	DTS	BRUSH(A)	HEEL	(Cued as a Fontana)
	& 1	&	2	& 3	&	4	

	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>
	DTS	BRUSH(A)	HEEL	DTS	BRUSH(A)	HEEL
	& 1	&	2	& 3	&	4

(Total 32 beats) REPEAT ABOVE 16 BEATS-DO NOT MAKE 1/4 TURN ON THE REPEAT

P	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	
A	DTSRSRSRS	DTSRSRSRS	DTSRSRSRS	DTSRSRSRS	(Moving left-right-left-right, push-off style and Cued as a PUSH-OFF)
R	& 1&2&3&4	& 1&2&3&4	& 1&2&3&4	& 1&2&3&4	
T					

C	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>
	DTSRS	DTSRS	DTSRS	DTSRS
	& 1&2	& 3&4	& 1&2	& 3&4

	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	<u>L</u>	<u>R</u>	
	DTS	BRUSH(A)	HEEL	DTS	BRUSH(A)	HEEL	(drop hands)
	& 1	&	2	& 3	&	4	

	<u>L</u>	<u>R</u>
	DTSRSRSRS (1/4 turn LEFT to face RIOD)	DTSRSRSRS (1/2 turn LEFT TO FACE LOD)
	& 1&2&3&4	& 1&2&3&4

(Total 36 beats)

Repeat from Beginning. Ending, after third time through do 6-DTS 1-DTSRS (total of 8 beats)

- DTSRS - Double toe step rock step
- DTSRSRSRS - Double toe step rock step rock step
- LOD - Line of Dance (Counter Clock-wise)
- RIOD - Reverse Line of Dance (Clock-wise)
- DTS - Double toe Step
- (A) - Across