

# BEAR HUG

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**Count:** —                      **Wall:** 2                      **Level:** beginner/intermediate

**Choreographer:** William Sevone

**Music:** Running Bear by Johnny Preston

**Sequence:**AAB-AAB-AAB

## PART A

### JAZZ BOX WITH STEP FORWARD, FORWARD LOCKSTEP, ROCK FORWARD-BACKWARD

- 1-2            Cross step right foot over left, step backward onto left foot
- 3-4            Step right foot to right side, step forward onto left foot
- 5-6            Lock right foot behind left heel, step forward onto left foot
- 7-8            Rock forward onto right foot, rock onto left foot

### REVERSE JAZZ BOX WITH STEP BACKWARD, ROCK BACKWARD-FORWARD, WALK FORWARD (RIGHT, LEFT)

- 9-10           Cross step right foot behind left, step forward onto left foot
- 11-12           Step right foot to right side, step backward onto left foot
- 13-14           Rock backward onto right foot, rock onto left foot
- 15-16           Walk forward: right foot, left foot

### FORWARD TURNING TOE STRUTS, STEP FORWARD, PIVOT ½ RIGHT,

- 17-18           Step forward onto right toe, turn ¼ left & drop right heel to floor
- 19-20           Turn ¼ left & step backward onto left toe, turn ¼ left & drop left heel to floor
- 21-22           Turn ¼ left & step forward onto right toe, drop right heel to floor
- 23-24           Step forward onto left foot, pivot ½ right weight on right foot)

### 2X STEP FORWARD-LOCKSTEP-STEP FORWARD, FORWARD SCUFF

- 25-26           Step forward onto left foot, lock right foot behind left heel
- 27-28           Step forward onto left foot, step forward onto right foot
- 29-30           Lock left foot behind right heel, step forward onto right foot
- 31-32           Step forward onto left foot, scuff right foot forward

## **PART B**

### **CROSS SHUFFLE, SIDE ROCK, ROCK, STEP BEHIND-TOGETHER-CROSS, SIDE ROCK, ROCK**

- 1&2** Cross step right foot over left, step left foot to left side, cross step right foot over left
- 3-4** Rock left foot to left side, rock onto right foot
- 5&6** Cross step left foot behind right, step right foot next to left, cross step left foot over right
- 7-8** Rock right foot to right side, rock onto left foot

### **¼ RIGHT SIDE STEP, ¼ RIGHT ROCK FORWARD, ROCK BACKWARD, ¼ LEFT SIDE STEP, ¼ LEFT ROCK FORWARD, ROCK BACKWARD, FULL TURN TRIPLE STEP**

- 9-10** Turn ¼ right & step right foot to right side, turn ¼ right & rock forward onto left foot
- 11-12** Rock onto right foot, turn ¼ left & step left foot to left side
- 13-14** Turn ¼ left & rock forward onto right foot, rock onto left foot

### **15&16(On the spot) triple step full turn right - stepping right, left-right**

### **2X SIDE ROCK-STEP-TOGETHER-HOLD**

- 17-18** Rock step left foot to left side, step onto right foot
- 19-20** Step left foot next to right, hold
- 21-22** Rock step right foot to right side, step onto left foot
- 23-24** Step right foot next to left, hold

### **STEP FORWARD, PIVOT ½ RIGHT, TOGETHER, STEP FORWARD, PIVOT ½ LEFT, TOGETHER, FULL TURN TRIPLE STEP**

- 25-26** Step forward onto left foot, pivot ½ right (weight on right foot)
- 27** Step left foot next to right
- 28-29** Step forward onto right foot, pivot ½ left (weight on left foot)
- 30** Step right foot next to left

### **31&32(On the spot) triple step full turn left - stepping left, right-left**

## **ENDING**

**The dance will end on count 32 of Part B. To end, place right hand on hat brim-left hand on left hip**