

# RUNNING BEAR III

Date: May 17, 2017

Artist: Johnny Preston - itunes & other sites

Rhythm: Cha/Jive Ph III +2 (Alemana, American Spin)

Speed: 43.6 rpm Time: 2:37

FOOTWORK: OPPOSITE [except where indicated]

SEQ: Intro A B C B A End



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**Intro [OPEN FACING] WAIT 2 PICK NOTES; APART, POINT; TOGETHER, TOUCH [BFLY];**

1-4 wait 2 PU notes; bk L -, pt R, -; fwd R, -, tch L, -;

**A ALEMANA;; LARIAT;;**

1-4 fwd L, rec R, cl L/sip R, L (W bk R, rec L, fwd R/cl L, fwd R commence RF trn); bk R, rec L, sd R/cl L, sd R (W fwd L trng RF, cont trn fwd R to fc M, sd L/cl R, sd L); sip L, R, L/R, L (W circ arnd M CW R, L, R/cl L, fwd R); sip R, L, R/L, R (W cont arnd M L, R, L/cl R, sd L to fc M);

**NEW YORKER; CRAB WALKS;; UNDERARM TURN;**

5-8 strong XLIFR (W Xrifl) straight leg to LOP, rec R to fc, sd L/cl R, sd L; X RIF (X LIF), sd L, Xrif (X LIF)/sd L, X RIF (X LIF); sd L, X LIF (X RIF), sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R (W XLIFR trng RF, cont trn rec R to fc M, sd L/cl R, sd L);

**BREAK TO OPEN; WALK 2 & CHA; SLIDING DOOR, TWICE;;**

9-12 XLIBR (W Xribl) to OP, rec fwd R, fwd L/cl R, fwd L; fwd L, R, L/R, L; OP rk apt L, rec R, XLIFR sldg beh W/sd R, XLIFR to LOP; LOP rk apt R, rec L, Xrifl sldg beh W/sd L, Xrifl to OP;

**CIRCLE AWAY/TOGETHER;; HAND TO HAND, TWICE, [TO CP];;**

13-16 circg LF fwd L, fwd R, fwd L/cl R, fwd L; cont circ fwd R, fwd L, fwd R/cl L, fwd R to fc ptr; XLIBR to OP, rec R to fc ptr, sd L/cl R, sd L; Xribl to LOP, rec L to fc ptr, sd R/cl L, sd R;

**B FALLAWAY ROCK ~ CHANGE RIGHT TO LEFT;;;**

1-3 rk bk L to SCP, rec R to fc, sd L/cl R, sd L, sd R/cl L, sd R -  
 rk bk L, rec R, sd L/cl R, sd L trng LF 1/4 (W rk bk R, rec L, sd R/cl L, fwd R trng 3/4 RF under joined lead hands), sd R/cl L, sd R;;;

**AMERICAN SPIN ~ CHANGE LEFT TO RIGHT [TO BFLY];;;**

4-6 rk apt L, rec R to fc ptr, in place L/R, L leading W to spin RF one full trn, sd R/cl L, sd R (W rk bk R, rec L, sd R/cl L, sd R spinning RF one full trn, sd L/cl R, sd L) - rk bk L, rec R, sd L/cl R, sd L trng RF 1/4, sd R/cl L sd R (W rk bk R, rec L, sd R/cl L, fwd R trng 3/4 LF under joined lead hands, sd L/cl R, sd L);;;

**PROGRESSIVE ROCK; CHASSE LEFT AND RIGHT;**

7-8 rk apt L, XIF R, rk apt L, XIF R; sd L/cl R, sd L, sd R/cl L, sd R;

**C OPEN BREAK; WHIP; FENCE LINE, TWICE;;**

1-4 rk apt L w/ trl hnd up, rec R, sd L/cl R, sd L; bk R trng LF, fwd & sd L, sd R/cl L, sd R (W fwd L outsd M, fwd R trng LF 1/2, sd L/cl R, sd L); lunge XLIFR (W Xrifl) bending knee, rec R, sd L/cl R, sd L; lunge Xrifl (W XLIFR) bending knee, rec L, sd R/cl L, sd R;;

**OPEN BREAK; WHIP; SHOULDER TO SHOULDER, TWICE;;**

5-6 same as measures 1 & 2;;  
 7-8 fwd L to SCAR BFLY (W bk R), rec R, sd L/cl R, sd L; fwd R to BJO BFLY (W bk L), rec L, sd R/cl L, sd R;

**CHASE 1/2 TANDEM WALL;; SOLO TRAVELING DOORS, TWICE;;**

9-10 fwd L trng RF 1/2, rec fwd R, fwd L/cl R, fwd L; fwd R trng LF 1/2, rec fwd L, fwd R/cl L, fwd R (W fwd L trng RF 1/2, fwd R, fwd L/cl R fwd L);  
 11-12 both fcg wall w/hands extended on sides rk sd L, rec R, Xrif/sd R, Xrif; rk sd R, rec L, Xrif/sd L, Xrif;

**FINISH CHASE;; CUCARACHAS, LEFT & RIGHT WITH ARMS [TO CP];;**

13-16 fwd L (W fwd R trng LF 1/2), rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R; sd L w/ partial wgt [raise L arm overhead], rec R [start brngg arm down slowly], sip L/R, L [arm at rest on side]; sd R w/ partial wgt [raise R arm overhead], rec L [start brngg arm down slowly] sip R/L, R to CP;

## **RUNNING BEAR III (con't)**

**REPEAT PART B**

**REPEAT PART A**

**End FALLAWAY ROCK ~ CHANGE RIGHT TO LEFT;::**

1-3 same as measures 1 -3 of Part B;::

**AMERICAN SPIN ~ LINK ROCK;::**

4-6 rk apt L, rec R to fc ptr, in place L/R, L leading W to spin RF one full trn, sd R/cl L, sd R (W rk bk R, rec L, sd R/cl L sd R spinning RF one full trn, sd L/cl R, sd L) - rk bk L, rec R, sm fwd L/cl R fwd L, sd R/cl L, sd R (W rk bk R, rec L, sm fwd R/cl L, fwd R, sd L/cl R, sd L) to CP;::

**JIVE WALKS ~ SWIVEL WALK 4 ~ 3 POINT STEPS;::; POINT AND HOLD;**

7-11 rk bk L, rec R to SCP, fwd L/R, L, fwd R/L, R - swvl fwd L, swvl fwd R, swvl fwd L, swvl fwd R - pt fwd L, stp L, pt fwd R, stp R, pt fwd L, stp L;::; pt R, hold;