

AM DORIAN

THE BEAR DANCE

TRAD. FLANDERS (BELGIAN), ARR. B. FARMER 05/15

Am ♩ = 120

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ACOUSTIC GUITAR

BEAR DANCE:

SPRINGY RUNNING STEP, ON THE 'BALLS' OF THE FEET -

A - 16 STEPS TO THE LEFT
 AA - 16 STEPS TO THE RIGHT

FIGURE(S) - FACING OUT, SIDE-BY-SIDE/FACING INTO THE CIRCLE IF A CIRCLE

'TAP' THE FOLLOWING PARTS OF THE BODY ON THE FLOOR (THE FOLLOWING IS FROM 'THE BOOK' MENTIONED ABOVE:

81 - FOOT - 8 X HOP ON LEFT FOOT TAPPING R-FOOT / THEN 8 X HOP R TAPPING L
 82 - KNEES - AS BEFORE BUT 'TAPPING' KNEES
 83 - ELBOWS - KNEELING ON THE FLOOR
 84 - HEAD X 16
 85 - BUM

OR

A AND AA AS ABOVE.
 THEN
 8: KICK IN, KICK OUT WITH BOTH LEGS
 THEN DOUBLE SPEED BOTH WAYS.
 AND REPEAT FOR 88.