

# THE BEAR DANCE

AM DORIAN

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

Am ♩ = 120

5 Am G C G Am Em Am

9 Am G Am D or G?

13 Am G C G Am G Am

## 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:

B1 - FOOT - 8 X HOP ON LEFT FOOT TAPPING R-FOOT / THEN 8 X HOP R TAPPING L

B2 - KNEES - AS BEFORE BUT 'TAPPING' KNEES

B3 - ELBOWS - KNEELING ON THE FLOOR

B4 - HEAD X 16

B5 - BUM

OR

A AND AA AS ABOVE,

THEN

B: KICK IN, KICK OUT WITH BOTH LEGS

THEN DOUBLE SPEED BOTH WAYS,

AND REPEAT FOR BB.