

AM DORIAN

# THE BEAR DANCE

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

VIOLONCELLO

Am ♩ = 120

5 Am G C G Am Em Am

9 Am G Am D OR G? 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.