

Bruises

32 count, 4 wall, improver level

Choreographer: Niels Poulsen (DK), February 2013

Choreographed to: "Bruises" by Train feat. Ashley Monroe

16 count intro

Section 1 Forward Rock, Triple Full Turn Cross, Side, Behind Side Cross, Quick Side Rock

1-2 Rock forward on right. Recover onto left

3&4 Triple step full turn right, stepping right, left, right (crossing right slightly over left)

Option *Replace full turn with Right coaster cross*

5 Step left to left side

6&7 Cross right behind left. Step left to left side. Cross right over left

8 Rock left to left side. Recover onto right

Section 2 Cross, 1/4 Turn, Shuffle 1/2 Turn, Step, 1/2 Turn, Walk x 2

1-2 Cross left over right. Turn 1/4 left stepping right back (9:00)

3&4 Shuffle step 1/2 turn left, stepping - left, right, left (3:00)

5-6 Step right forward. Turn 1/2 left stepping left forward (9:00)

7-8 Walk forward right. Walk forward left (**Option:** full turn left)

Restart *Walls 4 and 8: (facing 12:00) Restart dance from the beginning*

Section 3 Heel Switches, Forward Rock, Back Lock Step, 1/4 Turn Chasse

1& (Travelling forward) Touch right heel forward. Step down on right

2& (Travelling forward) Touch left heel forward. Step down on left

3-4 Rock forward on right. Recover onto left

5&6 Step right back. Lock left across right. Step right back

7&8 Turn 1/4 left stepping left to side. Close right beside left. Step left to side (6:00)

Section 4 Heel Grind 1/4 Turn, Coaster Step, Forward Shuffle, Kick Ball Step

1-2 Touch right heel forward. Grind right heel 1/4 turn right stepping left back (9:00)

3&4 Step right back. Step left beside right. Step right forward

5&6 Step left forward. Close right beside left. Step left forward

Restart *Wall 9: (facing 9:00) Restart dance from the beginning.*

7&8 Kick right forward. Step right beside left. Step left forward

Tag *After Walls 2 and 6 (facing 6:00): Forward Rock, Shuffle 1/2 Turn (x 2)*

1-2 Rock forward on right. Recover onto left

3&4 Shuffle step 1/2 turn right, stepping - right, left, right

5-6 Rock forward on left. Recover onto right

7&8 Shuffle step 1/2 turn left, stepping - left, right, left

Quelle:

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678

www.linedancermagazine.com