

Bruises

LINEDANCE.COM

Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Esmeralda v.d. Pol (Nov 2012)

Music: Bruises by Train ft Ashley Monroe

Intro : 16 counts

::1::SIDE ROCK, KICK & TOUCH,SWITHES, FWD STEP, PIVOT 1/2 TURN L

- 1-2** Rock R to R side, Recover on L
- 3&4** Kick R fwd, Step R next to L, Touch L to L side
- &5&6** Step L next to R, Touch R To R side, Step R next to L, Step L fwd
- 7-8** Step R fwd, 1/2 turn L-weight on L 6.00

::2::& WALK FWD, STEP 3/4 TURN R, & CROSS ROCK, & CROSS ROCK & SIDE ROCK

- &1-2** Step R next to left, Walk fwd on Left, Right
- 3&4** Step fwd on L, 1/2 turn R, 1/4 turn R-step L to L side 3.00
- &5-6** Step R next to L, Rock L across R, Recover on R
- &7&8&** Step L to L side, Rock R across L, Recover on L, Rock R to R side, Recover on L

::3::BEHIND-SIDE-CROSS, ROCK 1/4 L, COASTER STEP, KICK-BALL-STEP

- 1&2** Step R behind L, step L to L side, Cross R over L
- 3-4** Rock L to L side, Recover on R with 1/4 turn L 12.00
- 5&6** Step L back, Step R next to L, Step L fwd
- 7&8** Kick R fwd, Step R next to L, Step L fwd

::4::PIVOT 1/2 TURN L, SHUFFLE 1/2 TURN L, 1/4 TURN L, DRAG & CROSS, SIDE STEP

- 1-2** Step R fwd, make 1/2 turn L-weight on L 6.00
- 3&4** **1/4 turn L-step R to R side, Step L next to R, 1/4 turn L step R back 12.00**
- 5-6** **1/4 turn L-step L to L side, Drag R next to L * NOTE !! * 9.00**
- &7-8** Step R next to L, Cross L over R, Step R to R side

::5::& SIDE ROCK, CROSS SHUFFLE, STEP, TOGETHER, SHUFFLE FWD

- &1-2** Step L next to R, Rock R to R side, Recover on L

3&4 Cross R over L, Step L to L side, Cross R over L

5-6 Step L to L side, Step R next to L

7&8 Step L fwd, Step R next to L, Step L fwd 9.00

::6:: FWD ROCK, RECOVER, 1/4 R SAILOR HEEL & CROSS, SIDE, SAILOR 1/2 TURN L CROSS

1-2 Rock fwd on R, Recover on L

3&4 1/4 turn R-step R behind L, Step L to L side, Touch R heel fwd 12.00

&5-6 Step R next to L, Cross L over R, Step R to R side

7&8 1/2 L step L behind R, Step R to R side, Cross L over Rrestart 2nd and 4th wall 6.00**

::7::& CROSS, & SIDE ROCK, FWD KICK, CROSS, STEP BACK, SIDE-TOGETHER, CROSS SHUFFLE

&1-2& Step R to R side, Cross L over R, Rock R to R side, Recover on L

3&4 Kick R fwd, Cross R over L, Step L back

5-6 Step R to R side, Step L next to R

7&8 Cross R over L, step L next to R, Cross R over L 6.00

::8:: SIDE, BEHIND, 1/4 TURN L, SHUFFLE FWD, PIVOT 1/4 TURN R, CROSS SHUFFLE

1-2& Step L to L side, Cross R behind L, 1/4 turn L-step L fwd, 3.00

3&4 Step R fwd, Step L next to R, Step R fwd

5-6 Step L fwd, 1/4 turn R-weight on R 6.00

7&8 Cross L over R, Step R to R side, Cross L over R

Tag : At the end of the 1st and 3rd wall (6.00)

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE CROSS

1-2 Rock R to R side, Recover on L

3&4 Step R behind L, Step L to L side, Cross R over L

5-6 Rock L to L side, Recover on R

7&8 Step L behind R, Step R to R side, Cross L over R

Restarts: In the 2nd and 4th walls after 48 counts (12.00)

*** NOTE! ***

In the 5th wall you dance up till count 5 of Section 4, you don't make the drag. Recover your weight on R en go ahead with Section 5

Have Fun

**Esmeralda v.d. Pol/ www.esmeraldadancers.com/ esmeralda-dancers@hotmail.com -
0031638263580**