

# Pressing On A Bruise

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**Count:** 32      **Wall:** 2      **Level:** Improver

**Choreographer:** Lorna Dennis (July 2014)

**Music:** Brad Paisley - Pressing on a Bruise feat. Mat Kearney. (Wheelhouse, Deluxe Version) iTunes

## Intro 16 counts

### Section 1: Side rock, cross shuffle, ½ hinge turn cross shuffle

- 1-2      Rock R to right side, recover onto L
- 3&4      Step R Across left, (&) step L to left, Step R across left
- 5-6      Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side
- 7&8      Step L across right, (&) step R to right, Step L across right

### Section 2: side rock, cross shuffle, ½ hinge turn, forward shuffle

- 1-2      Rock R to right side, recover onto L
- 3&4      Step R Across left, (&) step L to left, Step R across left
- 5-6      Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side
- 7&8      Step L forward, (&) step R next to left, Step L forward right

### Section 3: Heel and heel, side rock, behind side cross, side rock

**1&2&R Heel forward, replace, L heel forward, replace**

**3-4R side rock, replace on L**

**5&6R behind left, L to left side, R cross over Left**

**7-8L side rock, replace on R**

### Section 4: Behind side cross, step ½ turn, shuffle forward, mambo step

**1&2L behind right, R to right side, L cross right**

- 3-4      Step forward R, pivot ½ half turn,
- 5&6      Step R forward, (&) step L next to right, Step R forward right
- 7&8      Rock forward L, step back R, step L next to Right (take weight on L)

**Start dance again and enjoy**

**Any info please contact Lorna on: [grapevine616@gmail.com](mailto:grapevine616@gmail.com)**

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