Bruised Not Broken

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Shane McKeever (N.IRE) - July 2021
Music: Bruised Not Broken (feat. MNEK & Kiana Ledé) - Matoma : (Single)

Count-in: 32 Count Intro

[1-8] CROSS POINT, CROSS ROCK, SIDE ROCK, CROSS HITCH, CROSS UNWIND

1,2	Cross LF over RF, Point RF to R side
3&	Cross Rock RF over LF, Recover on to LF
4&	Rock RF to R Side, Recover on to LF
5,6	Cross RF over LF, Hitch L Knee keeping knee turned out
7,8	Cross LF over RF, Unwind ½ Turn R finishing with weight on RF (facing 6.00)

[9-16] OUT OUT, SAILOR STEP, BALL STEP WITH ¼ TURN, STEP FORWARD, MAMBO STEP,

1,2	Step LF to L Diagonal, Step RF to R Side
3&4	Cross LF behind RF, Step RF next to LF, Step LF to L Side
&5	Step RF next to LF, making ¼ Turn L Step LF Fwd (facing 3.00)
6	Step RF Fwd
7&8	Rock LF Fwd, Recover on to RF, Step LF Back

[17-24] OUT OUT, KNEE SWIVEL X4, KICK BALL CROSS, HOLD, BALL CROSS

&1	Step RF back to R Diagonal, Step LF to L Side
2	Swivel R Knee in transferring weight to LF
3&4	Swivel R Knee Out, In, Out transferring weight to RF
5&6	Push off RF as you Kick RF to R Diagonal, Step RF to Centre, Cross LF over RF
7	Hold
&8	Step RF to R Side, Cross LF over RF

[25-32] SIDE STEP, SAILOR STEP, SIDE, BEHIND, SIDE, STEP FORWARD, PIVOT ½ TURN, KICK OUT OUT, STEP

1	Step RF to R Side
2&3	Cross LF behind RF, Step RF next to LF, Step LF to L Side
4&	Cross RF behind LF, Step LF to L Side
5,6	Step RF Fwd, ½ Turn L transferring weight on to LF
7&8&	Kick RF Fwd, Step RF to R Side, Step LF to L Side, Step RF back to Centre