

Bruises!

Count: 32

Wall: 2

Level: Easy Intermediate

Choreographer: Stephen Paterson (AUS) - April 2023

Music: Bruises (feat. Ashley Monroe) - Train : (Album: California 37)



1 easy restart, long and short tags, start dance after 16 count instrumental intro

[1-8] Rock Forward, Recover, 1/4 Side Shuffle R, Across, Side, Sailor cross 1/2 L

- 1 2 Rock step R forward, recover weight back onto left in place
- 3 & 4 Turn 1/4 R then step right out to side, step left beside right (&), step right out to side (side shuffle right)
- 5 6 Step L across R, step R out to side
- 7 & 8 Step L behind, turning 1/4 L step R in place (&), turn 1/4 L then step L across R (L sailor cross 1/2) 9.00

[9-16] 1/4 Back, Lock, Back, L Coaster, R Samba, L Samba 1/4

- & 1 2 Turn 1/4 L then step R back (&), lock step L over R, step R back 6.00
- 3 & 4 Step L back, step R beside L (&), step L forward (L coaster)
- 5 & 6 Step R across L, rock step L out to side (&), recover weight onto R in place (R samba)
- 7 & 8 Step L across R, rock step R out to side (&), turn 1/4 L then recover weight onto L in place (L samba 1/4)

[17-24] Walk, Walk, Mambo Rock, L Coaster, Together, Step, Pivot 1/4 R

- 1 2 Step R forward, step L forward, 3.00
- 3 & 4 Rock step R forward, recover weight back onto L in place (&), step R back (R mambo)
- 5 & 6 & Step L back, step R beside L (&), step L forward (L coaster), step R beside L (&)
- 7 8 Step L forward, pivot 1/4 R taking weight onto R in place 6.00

[25-32] Across, Side, 1/8 Back, Back, 3/8 Forward, Together, Step, Pivot 1/2 L, Walk, Walk

- 1 & 2 Step L across R, step R to side (&), turn 1/8 L then step L back (now facing 4.30) 4.30
- 3 & 4 & Step R back, turn 3/8 L then step L forward (&), step R forward, step L beside R (&) 12.00
- 5 6 ** Step R forward, pivot 1/2 L taking weight onto L in place ** (restart here on wall 7 to 6.00)
- 7 8 Walk Forward R, L 6.00

Tag: SHORT tag is 8 counts, LONG tag is 16 counts

[1-8] Rock Forward, Recover, 1/4 Side Shuffle R, Rock L Across, Recover, Side Shuffle L with 1/4

- 1 2 Rock step R forward, recover weight back onto left in place
- 3 & 4 Turn 1/4 R then step right out to side, step left beside right (&), step right out to side (side shuffle right)
- 5 6 Rock step L across R, recover back onto R in place
- 7 & 8 Step L out to side, step R beside L (&), turn 1/4 L then step L forward (side shuffle left with 1/4)

[9-16] Step, Half Pivot, Shuffle R Forward, Rock L Forward, Recover, Left Coaster

- 1 2 Step R forward, pivot 1/2 L taking weight onto L in place
- 3 & 4 Step R forward, step L beside R (&), step R forward (shuffle forward R)
- 5 6 Rock step L forward, recover weight back onto R in place
- 7 & 8 Step L back, step R beside L (&) step L forward (L coaster)

RESTART: ** On wall 7, dance up to count 30 and restart to the back

TAGS:

SHORT tag of 8 counts is done after walls 2 and 5 (both to front wall)

LONG tag of 16 counts is done after walls 3 and 6 (both to back wall finishing to front wall)

Sequence is: 32, 32, SHORT TAG, 32, LONG TAG, 32, 32, SHORT TAG, 32, LONG TAG, 30, 32, 32

This is an original dance sheet, feel free to copy without change for distribution

Last Update: 12 Apr 2023
