

Bruised Not Broken

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Shane McKeever (N.IRE) - July 2021

Musique: 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