

Bruise

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Yujin Jung (KOR) - August 2017

Musik: Bruise (멍) - Kim Hyun Jung (김현정)



[1-8] OPEN AND CLOSE, BEND KNEE X3

- 1,2 RF LF opens at the same time, Both legs close at the same time(Lift both arms up)
3-4 (Turn your arms from L to R)
5-6 Bend the L knee(R hand in front of face, L hand behind face)
7,8 Bend the R knee(L hand in front of face, R hand behind face), Bend the L knee(R hand in front of face, L hand behind face)

[9-16] SIDE ROCK RECOVER, CROSS FORWARD, SIDE STEP, SWING HIPS, SIDE TOUCH

- 1-2 LF L side rock recover
3,4 LF step cross forward, RF step on R side
5,6 R swing one's hips, LF forward out to L side touch
7,8 L swing one's hips, RF forward out to R side touch

[17-24] JAZZ BOX, ¼ TURN JAZZ BOX

- 1,2 RF step cross forward, LF step back
3,4 RF step on R side, LF step cross forward
5,6 RF step cross forward, ¼ turn R stepping LF back (3:00)
7,8 RF step on R side, LF step cross forward

[25-32] R CHASSE, BACK ROCK RECOVER, PIVOT TURN X2

- 1&2 RF step on R side, LF step close to RF, RF step on R side
3-4 LF back rock recover
5,6 LF step forward, pivot ¼ turn R (roll hips for extra styling) (6:00)
7,8 LF step forward, pivot ¼ turn R (roll hips for extra styling) (9:00)

[33-40] STEP FOWARD X3, KICK, STEP BACK AND HITCH X2

- 1,2,3,4 LF step forward, RF step forward, LF step forward, RF kick
5,6 RF step back, LF hitch (move your hands from R down to L up)
7,8 LF step back, RF hitch (move your hands from L down to R up)

[41-48] STEP BACK AND HITCH X2, ROCK RECOVER X2

- 1,2 RF step back, LF hitch (move your hands from R down to L up)
3,4 LF step back, RF hitch (move your hands from L down to R up)
5-6 RF back rock recover
7-8 RF forward rock recover

[49-56] CROSS BACK R TURN, STEP TOUCH

- 1-2 RF step cross back (point forward by R hand)
3-4 R turn (3:00)
5,6 RF step on R side, LF step touch side by RF
7,8 LF step on L side RF step touch side by LF

[57-64] R VINE STEP, STEP TOUCH, WALK X4

- 1,2,3,4 RF step on R side, LF step cross back, RF step on R side, LF step touch by RF
5,6,7,8 Walk LF(5), RF(6), LF(7), RF(8) ¾ L turning (6:00)

**RESTART : ON WALL 4 AFTER COUNT 48 (3'00)
AFTER RESTART WALL CHANGE OF DIRECTION**

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Last Update – 28th Aug 2017
