

# Bruises

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Jodi Lee Taylor (USA) - March 2013

Musik: Bruises (feat. Ashley Monroe) - Train



## 16 count intro

### LEFT SHUFFLE FORWARD, ROCK STEP RIGHT, RIGHT SHUFFLE BACK, ROCK STEP LEFT.

1&2,3,4 Forward shuffle left (stepping left, right, left), Rock right forward, recover left.

5&6,7,8 Back shuffle right (stepping right, left, right), Rock left back, recover on right

### LEFT SHUFFLE TO LEFT, ROCK STEP RIGHT BEHIND LEFT, RIGHT SHUFFLE TO RIGHT, ROCK STEP LEFT BEHIND RIGHT.

1&2,3,4 Side shuffle left (stepping left, right, left), Rock right back, recover onto left

5&6,7,8 Side shuffle right (stepping right, left, right), Rock left back, recover onto right

### SAILOR STEP TO LEFT, SAILOR STEP TO RIGHT, TURN TO RIGHT 2X, SHUFFLE RIGHT

1&2& 3&4 Step left to left, cross right behind left, step left to left, step right to right, cross left behind right, step right to right, step left to left.

5,6, 7&8 Right to right, step right, turn ½ to right, step left, turn ½ right step to right, shuffle to right (right, left, right).

### CROSS ROCK, SHUFFLE, EXTENDED GRAPE VINE TO LEFT

1&2, 3&4 cross left over right, rock left to right, recover right, Shuffle to left (left, right, left)

5&6&7&8 Step Left to left, right in front of left, left to left, right behind left, Left to left, right in front of left, left to left, right beside right.

### KICK BALL CHANGE, KICK BALL CHANGE 2x, STEP ½ TURN TO LEFT, STEP ¼ TURN TO LEFT

1&2,3&4 Kick right, step right slightly to right, step left, Kick right, step right slightly,

5,6,7,8 Step forward right, turn ½ to left, Step forward right, turn ¼ to left.

### RIGHT HEEL, LEFT HEEL, RIGHT HEEL, RIGHT HEEL, LEFT HEEL, RIGHT HEEL, LEFT HEEL, LEFT HEEL.

1&2&3,4 Touch right heel forward, Step right next to left, Touch left heel forward, Step left next to right, touch right heel forward 2x.

5&6&7,8 Touch left heel forward, Step left next to right, Touch right heel forward, Step right next to left, touch left heel forward 2x.

## REPEAT

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