

Bruises

Count: 32

Wall: 4

Level: Beginner

Choreographer: Donna Manning (USA) - March 2013

Music: Bruises (feat. Ashley Monroe) - Train



1 restart on count 15 of wall 9 (3rd time you start @12-you will be facing 6 when it happens)

Sec. 1: Walk, Walk, Kick-ball-step, Rock, Recover, ½ Turn R Triple

1, 2, 3&4 Walk R forward, Walk L forward, Kick R forward, replace R to center, Step L forward
5, 6, 7&8 Rock R forward, replace weight to L, ¼ turn R stepping R to R side, close L to R, ¼ turn R stepping R forward

Sec. 2: Side Rock, Recover, Crossing Triple, Side Rock, Recover, Crossing Triple

Let crossing triples travel to the forward diagonals

1, 2, 3&4 Rock L to L side, recover weight to R, Cross L over R, Step ball of R to R side, Cross L over R
5, 6, 7&8 Rock R to R side, recover weight to L^{^^^}, Cross R over L, Step ball of L to L side, Cross R over L

^^^ RESTART right here, Walk R, L.....

Sec. 3: ¼ Turn R, Step Side, Step, Point, step, Point, Rock, Recover

1, 2, ¼ Turn R Stepping L back, Step R to R side
3, 4, 5, 6, Step L forward, Point R to R side, Step R forward, Point L to L side
7, 8 Rock L forward, Recover weight back to R

Sec.4: Back Coaster, Rock, Recover, ½ Turn Triple, Step, Turn Touch

1&2, 3, 4 Step L Back, Close R next to L taking weight, Step L forward, Rock forward R, recover weight to L
5&6 ¼ Turn R stepping R to R side, Close L to R, ¼ turn R stepping R forward
7, 8 Step L forward, ½ turn R on the ball of the L dragging R in to touch by L (sit back on the L leg)

HAVE FUN!

Contact: www.dancinfree.com

Please do not alter this step sheet in any way.

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