

Bruises

拍数: 48 墙数: 4 级数: Improver
编舞者: Jodi Lee Taylor (USA) - March 2013
音乐: 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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