

# 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,STEP½ 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

Contact: Jodi Lee Taylor - [Joditaylor@comcast.net](mailto:Joditaylor@comcast.net)