

# Bruised Not Broken

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Shane McKeever (N.IRE) - July 2021  
音樂: Bruised Not Broken (feat. MNEK & Kiana Ledé) - Matoma : (Single)



Count-in: 32 Count Intro

## [1-8] CROSS POINT, CROSS ROCK, SIDE ROCK, CROSS HITCH, CROSS UNWIND

1,2      Cross LF over RF, Point RF to R side  
3&      Cross Rock RF over LF, Recover on to LF  
4&      Rock RF to R Side, Recover on to LF  
5,6      Cross RF over LF, Hitch L Knee keeping knee turned out  
7,8      Cross LF over RF, Unwind ½ Turn R finishing with weight on RF (facing 6.00)

## [9-16] OUT OUT, SAILOR STEP, BALL STEP WITH ¼ TURN, STEP FORWARD, MAMBO STEP,

1,2      Step LF to L Diagonal, Step RF to R Side  
3&4      Cross LF behind RF, Step RF next to LF, Step LF to L Side  
&5      Step RF next to LF, making ¼ Turn L Step LF Fwd (facing 3.00)  
6      Step RF Fwd  
7&8      Rock LF Fwd, Recover on to RF, Step LF Back

## [17-24] OUT OUT, KNEE SWIVEL X4, KICK BALL CROSS, HOLD, BALL CROSS

&1      Step RF back to R Diagonal, Step LF to L Side  
2      Swivel R Knee in transferring weight to LF  
3&4      Swivel R Knee Out, In, Out transferring weight to RF  
5&6      Push off RF as you Kick RF to R Diagonal, Step RF to Centre, Cross LF over RF  
7      Hold  
&8      Step RF to R Side, Cross LF over RF

## [25-32] SIDE STEP, SAILOR STEP, SIDE, BEHIND, SIDE, STEP FORWARD, PIVOT ½ TURN, KICK OUT OUT, STEP

1      Step RF to R Side  
2&3      Cross LF behind RF, Step RF next to LF, Step LF to L Side  
4&      Cross RF behind LF, Step LF to L Side  
5,6      Step RF Fwd, ½ Turn L transferring weight on to LF  
7&8&      Kick RF Fwd, Step RF to R Side, Step LF to L Side, Step RF back to Centre