

# Bruises!

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Stephen Paterson (AUS) - April 2023  
音樂: Bruises (feat. Ashley Monroe) - Train : (Album: California 37)



1 easy restart, long and short tags, start dance after 16 count instrumental intro

## [1-8] Rock Forward, Recover, 1/4 Side Shuffle R, Across, Side, Sailor cross 1/2 L

1 2            Rock step R forward, recover weight back onto left in place  
3 & 4        Turn 1/4 R then step right out to side, step left beside right (&), step right out to side (side shuffle right)  
5 6            Step L across R, step R out to side  
7 & 8        Step L behind, turning 1/4 L step R in place (&), turn 1/4 L then step L across R (L sailor cross 1/2) 9.00

## [9-16] 1/4 Back, Lock, Back, L Coaster, R Samba, L Samba 1/4

& 1 2        Turn 1/4 L then step R back (&), lock step L over R, step R back 6.00  
3 & 4        Step L back, step R beside L (&), step L forward (L coaster)  
5 & 6        Step R across L, rock step L out to side (&), recover weight onto R in place (R samba)  
7 & 8        Step L across R, rock step R out to side (&), turn 1/4 L then recover weight onto L in place (L samba 1/4)

## [17-24] Walk, Walk, Mambo Rock, L Coaster, Together, Step, Pivot 1/4 R

1 2            Step R forward, step L forward, 3.00  
3 & 4        Rock step R forward, recover weight back onto L in place (&), step R back (R mambo)  
5 & 6 &      Step L back, step R beside L (&), step L forward (L coaster), step R beside L (&)  
7 8            Step L forward, pivot 1/4 R taking weight onto R in place 6.00

## [25-32] Across, Side, 1/8 Back, Back, 3/8 Forward, Together, Step, Pivot 1/2 L, Walk, Walk

1 & 2        Step L across R, step R to side (&), turn 1/8 L then step L back (now facing 4.30) 4.30  
3 & 4 &      Step R back, turn 3/8 L then step L forward (&), step R forward, step L beside R (&) 12.00  
5 6 \*\*      Step R forward, pivot 1/2 L taking weight onto L in place \*\* (restart here on wall 7 to 6.00)  
7 8            Walk Forward R, L 6.00

Tag: SHORT tag is 8 counts, LONG tag is 16 counts

## [1-8] Rock Forward, Recover, 1/4 Side Shuffle R, Rock L Across, Recover, Side Shuffle L with 1/4

1 2            Rock step R forward, recover weight back onto left in place  
3 & 4        Turn 1/4 R then step right out to side, step left beside right (&), step right out to side (side shuffle right)  
5 6            Rock step L across R, recover back onto R in place  
7 & 8        Step L out to side, step R beside L (&), turn 1/4 L then step L forward (side shuffle left with 1/4)

## [9-16] Step, Half Pivot, Shuffle R Forward, Rock L Forward, Recover, Left Coaster

1 2            Step R forward, pivot 1/2 L taking weight onto L in place  
3 & 4        Step R forward, step L beside R (&), step R forward (shuffle forward R)  
5 6            Rock step L forward, recover weight back onto R in place  
7 & 8        Step L back, step R beside L (&) step L forward (L coaster)

RESTART: \*\* On wall 7, dance up to count 30 and restart to the back

TAGS:

SHORT tag of 8 counts is done after walls 2 and 5 (both to front wall)

LONG tag of 16 counts is done after walls 3 and 6 (both to back wall finishing to front wall)

Sequence is: 32, 32, SHORT TAG, 32, LONG TAG, 32, 32, SHORT TAG, 32, LONG TAG, 30, 32, 32

This is an original dance sheet, feel free to copy without change for distribution

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