

# Bruisin'

拍數: 64      牆數: 2      級數: Improver  
編舞者: Rhys Williams (UK) - September 2023  
音樂: Cruisin' for a Bruisin' - Ross Lynch, Jason Evigan & Grace Phipps : (Album :  
Teen Beach Movie OST - iTunes & Amazon))



Intro: 16 counts (1 Tag, 1 Re-starts)

## S1: RUN BACK RIGHT, LEFT, RIGHT, KICK LEFT FORWARD, COASTER STEP, BRUSH

1-2            Step back on Right, step back on Left  
3-4            Step back on Right, kick Left forward  
5-6            Step back on Left, close Right next to Left  
7-8            Step forward on Left, brush Right foot through

## S2: FORWARD, TOGETHER FORWARD, HOLD, PIVOT 1/4, CROSS, HOLD

1-2            Step forward on Right, close Left next to Right  
3-4            Step forward on Right, HOLD  
5-6            Step forward on Left, pivot 1/4 Right (weight Right)  
7-8            Cross Left over Right, HOLD & clap hands (3:00)

## S3: SIDE, BEHIND, SIDE, CROSS, ROCK, RECOVER, CROSS, HOLD

1-2            Step Right to Right side, cross Left behind Right  
3-4            Step Right to Right side, cross Left over Right  
5-6            Rock Right to Right side, recover on Left  
7-8            Cross Right over Left, HOLD

## S4: SIDE, BEHIND 1/4, HOLD, STEP, PIVOT 1/2, STEP FORWARD, HOLD

1-2            Step Left to Left side, cross Right behind Left  
3-4            Turn 1/4 Left stepping forward on Left, HOLD (12:00)  
5-6            Step forward on Right, pivot 1/2 Left (6:00)  
7-8            Step forward on Right, HOLD

## S5: HEEL STRUT, HEEL STRUT, MAMBO STEP, HITCH

1-2            Left heel forward, drop Left toes  
3-4            Right heel forward, drop Right toes  
5-6            Rock forward on Left, recover on Right  
7-8            Step back on Left, hitch Right knee

## S6: COASTER STEP, BRUSH, JAZZ BOX TOUCH

1-2            Step back on Right, close Left next to Right  
3-4            Step forward on Right, brush left forward  
5-6            Cross Left over Right, step back on Right  
7-8            Step Left to Left side, touch Right next to Left

**\* RESTART HERE DURING WALL 7**

## S7: 1/2 TURN MONTEREY X2

1-2            Point Right to Right side, turn 1/2 Right closing Right next to Left  
3-4            Point Left to Left side, close Left next to Right  
5-6            Point Right to Right side, turn 1/2 Right closing Right next to Left  
7-8            Point Left to Left side, close Left next to Right

## S8: TOE STRUTS FORWARD X4

1-2            Touch Right toes forward, drop Right eel

- 3-4 Touch Left toes forward, drop Left heel
- 5-6 Touch Right toes forward, drop Right heel
- 7-8 Touch Left toes forward, drop Left heel

**TAG: To be danced at the end of Wall 6 (facing front wall)**

**T1: STOMP, HOLD, STOMP, HOLD, KNEE POPS X4**

- 1-2 Stomp Right forward and out to side, HOLD
  - 3-4 Stomp Left forward and out to Left side, HOLD
  - 5-6 Turn Left knee in taking weight on to Right, turn Right knee in taking weight onto Left
  - 7-8 Turn Left knee in taking weight on to Right, turn Right knee in taking weight onto Left
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