

Bruises

拍數: 32 牆數: 4 級數: Beginner
編舞者: Donna Manning (USA) - March 2013
音樂: Bruises (feat. Ashley Monroe) - Train



1 restart on count 15 of wall 9 (3rd time you start @12-you will be facing 6 when it happens)

Sec. 1: Walk, Walk, Kick-ball-step, Rock, Recover, ½ Turn R Triple

1, 2, 3&4 Walk R forward, Walk L forward, Kick R forward, replace R to center, Step L forward
5, 6, 7&8 Rock R forward, replace weight to L, ¼ turn R stepping R to R side, close L to R, ¼ turn R stepping R forward

Sec. 2: Side Rock, Recover, Crossing Triple, Side Rock, Recover, Crossing Triple

Let crossing triples travel to the forward diagonals

1, 2, 3&4 Rock L to L side, recover weight to R, Cross L over R, Step ball of R to R side, Cross L over R
5, 6, 7&8 Rock R to R side, recover weight to L^{^^^}, Cross R over L, Step ball of L to L side, Cross R over L

^^^ RESTART right here, Walk R, L.....

Sec. 3: ¼ Turn R, Step Side, Step, Point, step, Point, Rock, Recover

1, 2, ¼ Turn R Stepping L back, Step R to R side
3, 4, 5, 6, Step L forward, Point R to R side, Step R forward, Point L to L side
7, 8 Rock L forward, Recover weight back to R

Sec.4: Back Coaster, Rock, Recover, ½ Turn Triple, Step, Turn Touch

1&2, 3, 4 Step L Back, Close R next to L taking weight, Step L forward, Rock forward R, recover weight to L
5&6 ¼ Turn R stepping R to R side, Close L to R, ¼ turn R stepping R forward
7, 8 Step L forward, ½ turn R on the ball of the L dragging R in to touch by L (sit back on the L leg)

HAVE FUN!

Contact: www.dancinfree.com

Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Video rights assigned to choreographer. dancinfreedonna@gmail.com
All rights reserved.