

# 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<sup>^^^</sup>, 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](http://www.dancinfree.com)

Please do not alter this step sheet in any way.

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