

# Pressing On A Bruise

**COPPER** KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Lorna Dennis (UK) - July 2014  
音樂: Pressing On a Bruise (feat. Mat Kearney) - Brad Paisley : (Album: Wheelhouse, Deluxe Version - iTunes)



## Intro 16 counts

### Section 1: Side rock, cross shuffle, ½ hinge turn cross shuffle□

1-2            Rock R to right side, recover onto L  
3&4           Step R Across left, (&) step L to left, Step R across left  
5-6           Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side  
7&8           Step L across right, (&) step R to right, Step L across right

### Section 2: side rock, cross shuffle, ½ hinge turn, forward shuffle□

1-2            Rock R to right side, recover onto L  
3&4           Step R Across left, (&) step L to left, Step R across left  
5-6           Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side  
7&8           Step L forward, (&) step R next to left, Step L forward right

### Section 3: Heel and heel, side rock, behind side cross, side rock□

1&2&          R Heel forward, replace, L heel forward, replace  
3-4           R side rock, replace on L  
5&6           R behind left, L to left side, R cross over Left  
7-8           L side rock, replace on R

### Section 4: Behind side cross, step ½ turn, shuffle forward, mambo step

1&2           L behind right, R to right side, L cross right  
3-4           Step forward R, pivot ½ half turn,  
5&6           Step R forward, (&) step L next to right, Step R forward right  
7&8           Rock forward L, step back R, step L next to Right (take weight on L)

Start dance again and enjoy□

Any info please contact Lorna on: [grapevine616@gmail.com](mailto:grapevine616@gmail.com)