



BRUISES

Choreographed by: Niels Poulsen (Denmark)

Music: **Bruises by Train Feat. Ashley Monroe**

Descriptions: 32 count, 4 wall, Beginner/Intermediate level line dance

Intro: 16 counts from first beat in music (app. 9 secs. into track). Weight on L foot

Tag: 8 count Tag after Wall 2 and 6, each time facing 6:00. See Tag description at bottom of page

Restarts: During Wall 4 + 8, after 16 counts, facing 12:00. And during Wall 9, after 30 counts, facing 9:00

1-8 Rock Fw R, Recover, R Full Triple Cross, Side L, Behind Side Cross, Quick L Side Rock

1-2 Rock fw on R (1), recover back on L (2) **12:00**

3&4 Turn ½ R stepping small step fw on R (3), turn ¼ R stepping L next to R (&), turn ¼ R stepping R fw and slightly in front of L (4) (Non-turny option: do a R coaster cross) **12:00**

5 Step L to L side (5) **12:00**

6&7 Cross R behind L (6), step L to L side (&), cross R over L (7) **12:00**

&8 Rock L to L side (&), recover on R again (8) **12:00**

9-16 Cross, ¼ L, Shuffle ½ L, Step ½ L, Walk R L

1-2 Cross L over R (1), turn ¼ L stepping back on R (2) **9:00**

3&4 Turn ¼ L stepping L to L side (3), step R next to L (&), turn ¼ L stepping fw on L (4) **3:00**

5-6 Step fw on R (5), turn ½ L stepping fw on L (6) **9:00**

7-8 Walk fw on R (7) walk fw on L (8) (or full turn L) **9:00**

***Restart: on Walls 4 and 8 (facing 12:00)**

17-24 R & L Heel Switches, Rock R Fw, R Back Lock Step, ¼ L Into L Chasse

1&2& Touch R heel fw (1), step down on R (&), touch L heel fw (2), step down on L (&) **9:00**

Note: you travel fw when doing your heel switches

3-4 Rock fw on R (3), recover back on L (4) **9:00**

5&6 Step back on R (5), lock L over R (&), step back on R (6) **9:00**

7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), step L to L side (8) **6:00**

25-32 R Heel Touch, Grind ¼ R Back, R Coaster Step, L Shuffle Fw, R Kick Ball Step

1-2 Touch R heel slightly in front of L (1), grind R heel ¼ R stepping back on L (2) **9:00**

3&4 Step back on R (3), step L next to R (&), step fw on R (4) **9:00**

5&6 Step fw on L (5), step R behind L (&), step fw on L (6) **9:00**

*** on Wall 9 (facing 9:00)**

Restart:

7&8 Kick R fw (7), step down on R (&), step fw on L (8) **9:00**

Start Again!

Tag: The first two times you complete Walls 2 and 6 (facing 6:00). Add this tag: Rock R fw, shuffle ½ R, rock L fw, shuffle ½ L

1-2 Rock fw on R (1), recover back on L (2) **6:00**

3&4 Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping fw on R (4) **12:00**

5-6 Rock fw on L (5), recover back on R (6) **12:00**

7&8 Turn ¼ L stepping L to L side (7), step R next to L (&), turn ¼ L stepping fw on L (8) **6:00**

Ending: The dance automatically finishes at 12:00. Complete Wall 12 and take a step fw. Tadaah! 12:00