

Bruises

Choreographer: Niels Poulsen (Denmark)
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Type of dance: 32 counts, 4 walls, Two step line dance
 Level: Easy intermediate
 Music: **Bruises** by Train feat. Ashley Monroe. Buy on iTunes
 Intro: 16 counts from first beat in music (app. 9 secs. into track). Weight on L foot
 1 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

Counts	Footwork	End facing
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) * restart on walls 4 and 8 (facing 12:00)	9:00
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 (&) <i>Note: you travel fw when doing your heel switches</i>	9:00
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) * restart on wall 9 (facing 9:00)	9:00
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