

Bruises

Niels Poulsen (Denmark) Feb 2013

Bruises by Train feat. Ashley Monroe. (iTunes)

Intro: 16 counts from first beat in music .Weight on L foot

Tag: 8 count Tag after wall 2 and 6, each time facing 6:00.

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

[1 – 8] Rock fw R, recover, R full triple cross, side L, behind side cross, quick L side

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

3&4Turn ½ R stepping small step fw on R (3), turn ¼ R stepping L next to R (&), turn ¼ R :
12:00

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

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

&8Rock 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 – 2Cross L over R (1), turn ¼ L stepping back on R (2) 9:00

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

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

7 – 8Walk fw on R (7) walk fw on L (8) (or full turn L) * restart on walls 4 and 8 (facing 12:0

[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 (&) Not

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

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

7&8Turn 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 – 2Touch R heel slightly in front of L (1), grind R heel ¼ R stepping back on L (2)
9:00

3&4Step 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

Tag: The first two times you complete walls 2 and 6 (facing 6:00). Add this tag: Rock R fw, shuffle $\frac{1}{2}$ R, rock L fw, shuffle $\frac{1}{2}$ L

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

3&4 Turn $\frac{1}{4}$ R stepping R to R side (3), step L next to R (&), turn $\frac{1}{4}$ 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 $\frac{1}{4}$ L stepping L to L side (7), step R next to L (&), turn $\frac{1}{4}$ 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