

# Bruises

**Count:** 32    **Wall:** 4    **Level:** Easy Intermediate - Two Step

**Choreographer:** Niels Poulsen (Denmark) Feb 2013

**Music:** Bruises by Train feat. Ashley Monroe. (iTunes)

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**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  
                  Turn ½ R stepping small step fw on R (3), turn ¼ R stepping L next to R (&), turn ¼ R  
3&4            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  
                  Turn ¼ L stepping L to L side (3), step R next to L (&), turn ¼ L stepping fw on L (4)  
3&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 (&) Note:  
                  you travel fw when doing your heel switches 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  
                  Step fw on L (5), step R behind L (&), step fw on L (6) \* restart on wall 9 (facing 9:00)  
5&6            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  $\frac{1}{2}$  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**

**Contact: [niels@love-to-dance.dk](mailto:niels@love-to-dance.dk) - [www.love-to-dance.dk](http://www.love-to-dance.dk)**