Linedancer

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Bruises

32 Count, 4 Wall, Improver, Two Step
Choreographer: Niels Poulsen (Denmark) Feb 2013
Choreographed to: Bruises by Train feat. Ashley Monroe (iTunes)

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

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 (&)
Note: travel fw when doing 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
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 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

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

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