

## Bruises

32 Count, 4 Wall, Improver, Two Step

Choreographer: Niels Poulsen (Denmark) Feb 2013

Choreographed to: 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

**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 ¼ 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&amp;7 Cross R behind L (6), step L to L side (&amp;), cross R over L (7) 12:00

&amp;8 Rock L to L side (&amp;), 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&amp;4 Turn ¼ L stepping L to L side (3), step R next to L (&amp;), 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&amp;2&amp; Touch R heel fw (1), step down on R (&amp;), touch L heel fw (2), step down on L (&amp;)

Note: travel fw when doing heel switches 9:00

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

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

7&amp;8 Turn ¼ L stepping L to L side (7), step R next to L (&amp;), 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&amp;4 Step back on R (3), step L next to R (&amp;), step fw on R (4) 9:00

5&amp;6 Step fw on L (5), step R behind L (&amp;), step fw on L (6) \*

**Restart** on wall 9 (facing 9:00) 9:00

7&amp;8 Kick R fw (7), step down on R (&amp;), 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&amp;4 Turn ¼ R stepping R to R side (3), step L next to R (&amp;), 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&amp;8 Turn ¼ L stepping L to L side (7), step R next to L (&amp;), 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