

# Bruises!

**Count:** 32

**Wall:** 2

**Level:** Easy Intermediate

**Choreographer:** Stephen Paterson (AUS) - April 2023

**Music:** Bruises (feat. Ashley Monroe) - Train : (Album: California 37)

## 1 easy restart, long and short tags, start dance after 16 count instrumental intro

### [1-8] Rock Forward, Recover, 1/4 Side Shuffle R, Across, Side, Sailor cross 1/2 L

1 2 Rock step R forward, recover weight back onto left in place  
3 & 4 Turn 1/4 R then step right out to side, step left beside right (&), step right out to side (side shuffle right)  
5 6 Step L across R, step R out to side  
7 & 8 Step L behind, turning 1/4 L step R in place (&), turn 1/4 L then step L across R (L sailor cross 1/2)  
9.00

### [9-16] 1/4 Back, Lock, Back, L Coaster, R Samba, L Samba 1/4

& 1 2 Turn 1/4 L then step R back (&), lock step L over R, step R back 6.00  
3 & 4 Step L back, step R beside L (&), step L forward (L coaster)  
5 & 6 Step R across L, rock step L out to side (&), recover weight onto R in place (R samba)  
7 & 8 Step L across R, rock step R out to side (&), turn 1/4 L then recover weight onto L in place (L samba 1/4)

### [17-24] Walk, Walk, Mambo Rock, L Coaster, Together, Step, Pivot 1/4 R

1 2 Step R forward, step L forward, 3.00  
3 & 4 Rock step R forward, recover weight back onto L in place (&), step R back (R mambo)  
5 & 6 & Step L back, step R beside L (&), step L forward (L coaster), step R beside L (&)  
7 8 Step L forward, pivot 1/4 R taking weight onto R in place 6.00

### [25-32] Across, Side, 1/8 Back, Back, 3/8 Forward, Together, Step, Pivot 1/2 L, Walk, Walk

1 & 2 Step L across R, step R to side (&), turn 1/8 L then step L back (now facing 4.30) 4.30  
3 & 4 Step R back, turn 3/8 L then step L forward (&), step R forward, step L beside R (&) 12.00  
5 6 \*\* Step R forward, pivot 1/2 L taking weight onto L in place \*\* (restart here on wall 7 to 6.00)  
7 8 Walk Forward R, L 6.00

## Tag: SHORT tag is 8 counts, LONG tag is 16 counts

### [1-8] Rock Forward, Recover, 1/4 Side Shuffle R, Rock L Across, Recover, Side Shuffle L with 1/4

1 2 Rock step R forward, recover weight back onto left in place  
3 & 4 Turn 1/4 R then step right out to side, step left beside right (&), step right out to side (side shuffle right)  
5 6 Rock step L across R, recover back onto R in place  
7 & 8 Step L out to side, step R beside L (&), turn 1/4 L then step L forward (side shuffle left with 1/4)

### [9-16] Step, Half Pivot, Shuffle R Forward, Rock L Forward, Recover, Left Coaster

1 2 Step R forward, pivot 1/2 L taking weight onto L in place  
3 & 4 Step R forward, step L beside R (&), step R forward (shuffle forward R)  
5 6 Rock step L forward, recover weight back onto R in place  
7 & 8 Step L back, step R beside L (&) step L forward (L coaster)

**RESTART: \*\* On wall 7, dance up to count 30 and restart to the back**

## TAGS:

**SHORT tag of 8 counts is done after walls 2 and 5 (both to front wall)**

**LONG tag of 16 counts is done after walls 3 and 6 (both to back wall finishing to front wall)**

**Sequence is: 32, 32, SHORT TAG, 32, LONG TAG, 32, 32, SHORT TAG, 32, LONG TAG, 30, 32, 32**

**This is an original dance sheet, feel free to copy without change for distribution**