



Approved by:

Niels B. Poulsen

Bruises

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 Option 5 6 & 7 & 8	Forward Rock, Triple Full Turn Cross, Side, Behind Side Cross, Quick Side Rock Rock forward on right. Recover onto left. Triple step full turn right, stepping right, left, right (crossing right slightly over left). Replace full turn with Right coaster cross. Step left to left side. Cross right behind left. Step left to left side. Cross right over left. Rock left to left side. Recover onto right.	Rock Forward Triple Turn Cross Side Behind Side Cross Side Rock	On the spot Turning right Left On the spot
Section 2 1 – 2 3 & 4 5 – 6 7 – 8 Restart	Cross, 1/4 Turn, Shuffle 1/2 Turn, Step, 1/2 Turn, Walk x 2 Cross left over right. Turn 1/4 left stepping right back. (9:00) Shuffle step 1/2 turn left, stepping - left, right, left. (3:00) Step right forward. Turn 1/2 left stepping left forward. (9:00) Walk forward right. Walk forward left. (Option: full turn left) Walls 4 and 8: (facing 12:00) Restart dance from the beginning.	Cross Quarter Shuffle Half Step Half Walk Walk	Turning left Forward
Section 3 1 & 2 & 3 – 4 5 & 6 7 & 8	Heel Switches, Forward Rock, Back Lock Step, 1/4 Turn Chasse (Travelling forward) Touch right heel forward. Step down on right. (Travelling forward) Touch left heel forward. Step down on left. Rock forward on right. Recover onto left. Step right back. Lock left across right. Step right back. Turn 1/4 left stepping left to side. Close right beside left. Step left to side. (6:00)	Heel & Heel & Rock Forward Back Lock Back Quarter Chasse	Forward On the spot Back Turning left
Section 4 1 – 2 3 & 4 5 & 6 Restart 7 & 8	Heel Grind 1/4 Turn, Coaster Step, Forward Shuffle, Kick Ball Step Touch right heel forward. Grind right heel 1/4 turn right stepping left back. (9:00) Step right back. Step left beside right. Step right forward. Step left forward. Close right beside left. Step left forward. Wall 9: (facing 9:00) Restart dance from the beginning. Kick right forward. Step right beside left. Step left forward.	Heel Grind Quarter Coaster Step Left Shuffle Kick Ball Step	Turning right On the spot Forward
Tag 1 – 2 3 & 4 5 – 6 7 & 8	After Walls 2 and 6 (facing 6:00): Forward Rock, Shuffle 1/2 Turn (x 2) Rock forward on right. Recover onto left. Shuffle step 1/2 turn right, stepping - right, left, right. Rock forward on left. Recover onto right. Shuffle step 1/2 turn left, stepping - left, right, left.	Rock Forward Shuffle Half Rock Forward Shuffle Half	On the spot Turning right On the spot Turning left
Ending	Dance finishes facing 12:00. Complete Wall 12 and step forward. Tadaah!		

Choreographed by: Niels Poulsen (DK) February 2013

Choreographed to: 'Bruises' by Train feat Ashley Monroe from CD California 37; download available from amazon.co.uk or iTunes (16 count intro - approx 9 secs)

Tag/Restart: One Tag danced after Walls 2 and 6, three Restarts



A video clip of this dance is available at www.linedancermagazine.com