



# Bruises!



Song: Bruises (feat. Ashley Monroe, Artist: Train, Album: California 37 (3:52)

Choreographer: Stephen Paterson, Victoria, Australia, 01/2023

Step Description: 32 count, 2 wall, Easy Intermediate Line Dance,  
104 BPM, 1 easy restart, long and short tags,  
start dance after 16 count instrumental intro

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Beats	Steps	
<b>1-8</b>	<b>Rock Forward, Recover, 1/4 Side Shuffle R, Across, Side, Sailor Cross 1/2 L</b>	
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 ( <i>side shuffle right</i> )	
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 ( <i>L sailor cross 1/2</i> )	9.00
<b>9 - 16</b>	<b>1/4 Back, Lock, Back, L Coaster, R Samba, L Samba 1/4</b>	
& 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 ( <i>L coaster</i> )	
5 & 6	Step R across L, rock step L out to side (&), recover weight onto R in place ( <i>R samba</i> )	
7 & 8	Step L across R, rock step R out to side (&), turn 1/4 L then recover weight onto L in place ( <i>L samba 1/4</i> )	
<b>17-24</b>	<b>Walk, Walk, Mambo Rock, L Coaster, Together, Step, Pivot 1/4 R</b>	
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 ( <i>R mambo</i> )	
5 & 6 &	Step L back, step R beside L (&), step L forward ( <i>L coaster</i> ), step R beside L (&)	
7 8	Step L forward, pivot 1/4 R taking weight onto R in place	6.00
<b>25 - 32</b>	<b>Across, Side, 1/8 Back, Back, 3/8 Forward, Together, Step, Pivot 1/2 L, Walk, Walk</b>	
1 & 2	Step L across R, step R to side (&), turn 1/8 L then step L back ( <i>now facing 4.30</i> )	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 ** ( <i>restart here on wall 7 to 6.00</i> )	
7 8	Walk Forward R, L	6.00

**TAG:** SHORT tag is 8 counts, LONG tag is 16 counts

<b>1-8</b>	<b>Rock Forward, Recover, 1/4 Side Shuffle R, Rock L Across, Recover, Side Shuffle L with 1/4 L</b>
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 ( <i>side shuffle right</i> )
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 ( <i>side shuffle left with 1/4 L</i> )

**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 ( <i>shuffle forward R</i> )
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 ( <i>L coaster</i> )

**RESTART:** \*\* On wall 7, dance up to count 30 and restart to 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, 32

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