

# Bruises

## Train featuring Ashley Monroe

Intermediate Plus, left foot lead  
Internet Download; Pop music

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Wait 16 beats

### Part A: 32 beats

|     |   |                            |                                                        |
|-----|---|----------------------------|--------------------------------------------------------|
| (8) | 1 | <b>Burton Rocker Twist</b> | <i>See description</i>                                 |
| (8) | 1 | <b>Layover Cramp Fancy</b> | <i>See description</i>                                 |
| (8) | 1 | <b>High Horse</b>          | DS – DT(xf) SI – DT(x) SI – RS – Toe SI – DS – DS – RS |
| (8) | 1 | <b>Knock Knock Sonic</b>   | <i>See description</i>                                 |

### Part B: 40 beats

|     |   |                                |                                                                                                                     |
|-----|---|--------------------------------|---------------------------------------------------------------------------------------------------------------------|
| (8) | 1 | <b>Hippity Horse</b>           | DS – Hop R(xf) – S Hop – R S – To(b) SI – DS – DS – RS                                                              |
| (4) | 1 | <b>Walkover Joey</b>           | DS – DS(xf) – Dr Toe(b) – Toe(ots) S(xf)                                                                            |
| (4) | 1 | <b>Get It</b> $\frac{1}{2}$ R  | Dr S(xf) – TB HS – TB HS – TB HS                                                                                    |
| (8) | 1 | <b>Bonanza</b> $\frac{1}{2}$ R | DS – DS (xif) – DT SI – DT SI – DS (xb) – RS (xf) ( $\frac{1}{2}$ R) – DS – Br SI                                   |
| (4) | 2 | <b>Hey Yous</b>                | DS(xb)/Bo – Bo/Bo SI (lift opposite lead foot)                                                                      |
| (4) | 2 | <b>Basics</b>                  | DS – RS                                                                                                             |
| (8) | 1 | <b>Finnicky</b>                | DT S(xb) – R(s) HI(w,tw) – Toe(sn) Tch(b) – HI(w,tw)<br>Toe(sn) S – Sk Hop – S S – DS – H(tw toe L) /Toe(tw heel R) |

### Part C: 32 beats

|     |   |                                        |                                           |
|-----|---|----------------------------------------|-------------------------------------------|
| (4) | 1 | <b>Canadian Pump Touch</b>             | <i>See description</i>                    |
| (4) | 1 | <b>Stomp Double</b>                    | (p) Sto – DS – DS – RS                    |
| (8) | 1 | <b>Rooster Skuff</b>                   | <i>See description</i>                    |
| (8) | 1 | <b>Quick Split Turn</b> <i>roll R</i>  | <i>See description</i>                    |
| (4) | 1 | <b>Gallop Split Lift</b> <i>move R</i> | DS(xb) – B TB – B TB – H/Bo Lift (lift L) |
| (4) | 2 | <b>Basics</b>                          |                                           |

### Part D: 16 beats

|      |   |                                      |                                                                         |
|------|---|--------------------------------------|-------------------------------------------------------------------------|
| (16) | 2 | <b>Rougie Vines</b> <i>move L, R</i> | DS – DS(xb) – Toe Toe(xf) – SI(left) S – DS(xb) – Toe Toe(xf) – DS – RS |
|------|---|--------------------------------------|-------------------------------------------------------------------------|

**Repeat A:** [Burton Rocker Twist, Layover Cramp Fancy, High Horse, Knock Knock Sonic]

**Repeat B:** [Hippity Horse, Walkover Joey, Get It  $\frac{1}{2}$  R, Bonanza  $\frac{1}{2}$  R, 2 Hey Yous, 2 Basics, Finnicky]

**Repeat C:** [Canadian Pump Touch, Stomp Dbl, Rooster Skuff, Quick Split Turn, Gallop Split Lift, 2 Basics]

**Repeat D:** [2 Rougie Vines]

### Part E: 30 beats

|     |   |                                                     |                                                                                                                        |
|-----|---|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| (8) | 1 | <b>Twisty Bounce</b>                                | <i>See description</i>                                                                                                 |
| (8) | 1 | <b>Double Rock Slur &amp; Pull</b><br><i>move L</i> | L <u>DS</u> <u>R(xif)</u> <u>R(ots)</u> <u>Slur</u> (p) <u>S</u> <u>S</u> <u>R</u> .<br>R DS S S(xif) (p) R H Pull S S |
| (8) | 1 | <b>Ghostbuster Turn</b> <i>roll R</i>               | DS - DT(xf) SI - DT(x) SI - Toe Toe - Toe St - Dr SI – DS - RS                                                         |
| (6) | 1 | <b>Double Skip Vine</b> <i>move R</i>               | DS – DS - @ S(b) – R(ots) S(xf) – DS – RS                                                                              |

**Repeat C twice\*:** [Canadian Pump Touch, Stomp Double, Rooster Skuff, Quick Split Turn, Gallop Split Lift, 2 Basics \*  $\frac{1}{2}$  L]

### End: 34 beats

|      |   |                              |                                |
|------|---|------------------------------|--------------------------------|
| (8)  | 1 | <b>Layover Cramp Fancy</b>   |                                |
| (8)  | 1 | <b>High Horse</b>            |                                |
| (16) | 2 | <b>Rougie Vines</b>          |                                |
| (2)  | 1 | <b>Rock Heel Twist Touch</b> | R(s) HI(w,tw) – Toe(sn) Tch(b) |

## Step Descriptions for Bruises

### Burton Rocker Twist

|   |    |     |      |   |    |      |   |   |     |      |    |          |      |      |   |   |   |   |   |  |   |   |
|---|----|-----|------|---|----|------|---|---|-----|------|----|----------|------|------|---|---|---|---|---|--|---|---|
| L | DS | Hop |      | R | Sk | Flap | S | S | Hop |      | DT | Bo(tw L) | HTch | lift |   |   |   |   |   |  |   |   |
| R |    | Sk  | Flap | S | S  | Hop  |   | R | Sk  | Flap | S  | Bo(tw L) | Bo   | Sl   |   |   |   |   |   |  |   |   |
|   | +1 | e   | +    | a | 2  | +    | 3 | e | +   | a    | 4  | +        | 5    | e    | + | a | 6 | + | 7 |  | + | 8 |

### Layover Cramp Fancy

|   |    |         |      |        |       |   |     |   |     |     |      |   |   |   |   |   |   |   |   |   |   |
|---|----|---------|------|--------|-------|---|-----|---|-----|-----|------|---|---|---|---|---|---|---|---|---|---|
| L | DS | Brk (p) | S(b) |        | S(xf) | B | Hsn | S | H S | Hop |      |   |   |   |   |   |   |   |   |   |   |
| R |    | DS(xf)  |      | R(ots) |       | B | Hsn | R | T B | Sk  | Flap | S |   |   |   |   |   |   |   |   |   |
|   | +1 | +       | 2    | +      | 3     | + | 4   | e | +   | a   | 5    | + | 6 | e | + | a | 7 | e | + | a | 8 |

### Knock Knock Sonic

|   |    |     |        |        |     |        |        |   |     |         |   |     |         |      |   |   |   |   |   |   |   |   |
|---|----|-----|--------|--------|-----|--------|--------|---|-----|---------|---|-----|---------|------|---|---|---|---|---|---|---|---|
| L | DS | Hop |        |        | Dbl | Tap(b) | Tap(b) | S |     | Tch(xf) | S |     | Tch(xf) | lift |   |   |   |   |   |   |   |   |
| R |    | Dbl | Tap(b) | Tap(b) | S   | Hop    |        |   | Dbl | B       |   | Dbl | B       | Sl   |   |   |   |   |   |   |   |   |
|   | +1 | e   | +      | a      | 2   | +      | 3      | e | +   | a       | 4 | +   | 5       | e    | + | a | 6 | + | a | 7 | + | 8 |

### Canadian Pump Touch

|   |    |     |     |      |        |      |     |   |   |
|---|----|-----|-----|------|--------|------|-----|---|---|
| L | DS | Hop | Bo  |      | Bo     |      |     |   |   |
| R |    | DT  | Tch | lift | Tch(b) | lift | Tch |   |   |
|   | +1 | e   | +   | a    | 2      | +    | 3   | + | 4 |

### Rooster Skuff

|   |    |        |       |       |      |    |    |   |    |   |   |    |
|---|----|--------|-------|-------|------|----|----|---|----|---|---|----|
| L | DS | R(s)   | R(s)  | Sk    | lift | DS | dr | R |    |   |   |    |
| R |    | DS(xf) | S(xb) | S(xf) | Sl   | kk | S  | S |    |   |   |    |
|   | +1 | +2     | +     | 3     | +    | 4  | +  | 5 | +6 | + | 7 | +8 |

### Quick Split Turn

|   |    |    |         |   |         |    |    |         |         |      |    |    |    |
|---|----|----|---------|---|---------|----|----|---------|---------|------|----|----|----|
| L | DS | Bo | Bo      | H | Tch(xf) | H  | Bo | Bo(½ R) | Bo(½ R) | Sl   | R  |    |    |
| R |    | H  | Tch(xf) | H | Bo      | Bo | Bo | Bo(½ R) | Bo(½ R) | lift | DS | S  |    |
|   | +1 | +  |         | 2 | +       | 3  | +  | 4       | 5       | +    | 6  | +7 | +8 |

### Twisty Bounce

|   |    |          |          |          |          |          |          |   |      |    |   |  |   |   |    |    |    |
|---|----|----------|----------|----------|----------|----------|----------|---|------|----|---|--|---|---|----|----|----|
| L | DT | Bo(tw L) | Bo(tw R) | DT       | Bo(tw L) | Bo(tw R) | Bo(tw L) | H | lift | DS | R |  |   |   |    |    |    |
| R |    | Bo(tw L) | DT       | Bo(tw R) | Bo(tw L) | Bo(tw R) | Bo(tw L) | B | Sl   | DS | S |  |   |   |    |    |    |
|   | +  | 1        |          | +        | 2        |          | +        | 3 |      | +  | 4 |  | + | 5 | +6 | +7 | +8 |