

# Bruised Not Broken

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Shane McKeever (N.IRE) - July 2021

**Music:** - Matoma : (Single)

## Count-in: 32 Count Intro

### [1-8] CROSS POINT, CROSS ROCK, SIDE ROCK, CROSS HITCH, CROSS UNWIND

- 1,2 Cross LF over RF, Point RF to R side
- 3& Cross Rock RF over LF, Recover on to LF
- 4& Rock RF to R Side, Recover on to LF
- 5,6 Cross RF over LF, Hitch L Knee keeping knee turned out
- 7,8 Cross LF over RF, Unwind  $\frac{1}{2}$  Turn R finishing with weight on RF (facing 6.00)

### [9-16] OUT OUT, SAILOR STEP, BALL STEP WITH $\frac{1}{4}$ TURN, STEP FORWARD, MAMBO STEP,

- 1,2 Step LF to L Diagonal, Step RF to R Side
- 3&4 Cross LF behind RF, Step RF next to LF, Step LF to L Side
- &5 Step RF next to LF, making  $\frac{1}{4}$  Turn L Step LF Fwd (facing 3.00)
- 6 Step RF Fwd
- 7&8 Rock LF Fwd, Recover on to RF, Step LF Back

### [17-24] OUT OUT, KNEE SWIVEL X4, KICK BALL CROSS, HOLD, BALL CROSS

- &1 Step RF back to R Diagonal, Step LF to L Side
- 2 Swivel R Knee in transferring weight to LF
- 3&4 Swivel R Knee Out, In, Out transferring weight to RF
- 5&6 Push off RF as you Kick RF to R Diagonal, Step RF to Centre, Cross LF over RF
- 7 Hold
- &8 Step RF to R Side, Cross LF over RF

### [25-32] SIDE STEP, SAILOR STEP, SIDE, BEHIND, SIDE, STEP FORWARD, PIVOT $\frac{1}{2}$ TURN, KICK OUT OUT, STEP

- 1 Step RF to R Side

- 2&3** Cross LF behind RF, Step RF next to LF, Step LF to L Side
- 4&** Cross RF behind LF, Step LF to L Side
- 5,6** Step RF Fwd, ½ Turn L transferring weight on to LF
- 7&8&** Kick RF Fwd, Step RF to R Side, Step LF to L Side, Step RF back to Centre

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=152759](https://www.linedance.com/index.php?f=dance_view&id=152759)