

Pressing On A Bruise

32 Count, 2 Wall, Improver

Choreographer: Lorna Dennis (UK) July 2014

Choreographed to: Pressing On A Bruise by Brad Paisley, feat.
Mat Kearney, CD: Wheelhouse, Deluxe Version (iTunes)

Intro 16 counts

1 Side rock, cross shuffle, ½ hinge turn cross shuffle

- 1-2 Rock R to right side, recover onto L
- 3&4 Step R Across left, (&) step L to left, Step R across left
- 5-6 Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side
- 7&8 Step L across right, (&) step R to right, Step L across right

2 Side rock, cross shuffle, ½ hinge turn, forward shuffle

- 1-2 Rock R to right side, recover onto L
- 3&4 Step R Across left, (&) step L to left, Step R across left
- 5-6 Make 1/4 turn right stepping L back, Make 1/4 turn right stepping R to side
- 7&8 Step L forward, (&) step R next to left, Step L forward right

3 Heel and heel, side rock, behind side cross, side rock

- 1&2& R Heel forward, replace, L heel forward, replace
- 3-4 R side rock, replace on L
- 5&6 R behind left, L to left side, R cross over Left
- 7-8 L side rock, replace on R

4 Behind side cross, step ½ turn, shuffle forward, mambo step

- 1&2 L behind right, R to right side, L cross right
- 3-4 Step forward R, pivot ½ half turn,
- 5&6 Step R forward, (&) step L next to right, Step R forward right
- 7&8 Rock forward L, step back R, step L next to Right (take weight on L)

Start dance again and enjoy