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## **Bruised Egos**

32 Count 2 Wall Advanced Phrased. NC. Choreographed by: Fred Whitehouse (N.Ire) & Jean-Pierre Madge (CH) Aug 2020 Choreographed to: Bruises by Lewis Capaldi. (3.40) No Introduction. Start on first beat.

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Sequence: AAA, B (starts at 6:00), AA, B (facing 12:00), AAA\*, BB, A.

## PART A 16 COUNTS. 2 WALL

BACK R KICK L, BACK L, 1/2 R, 1/2 R X2, L ROCK FWD, 3/4 L HITCH, FWD L, FULL TRIPLE R SWEEP SEC 1A 1,2& Step back on R kicking L fwd and pushing R hand fwd (1), step L back (2), turn ½ R stepping R fwd (&) 6:00 3&4& Step L fwd (3), turn ½ R onto R (&), step L fwd (4), turn ½ R onto R (&) 6:00 Rock L fwd (5), recover back on R (&), 6:00 5& 6&7 Turn <sup>1</sup>/<sub>2</sub> L stepping down on L hitching R knee (6) continue <sup>1</sup>/<sub>4</sub> L on L (&), Step R fwd (7) Styling For Count 7: Drag out your stepping down on R, almost as a point on Count 7 and then step down on R on the & Count. 9:00 8&1 Turn ½ R stepping L back (8), turn ½ R stepping R fwd (&), step L fwd and slightly over R sweeping R fwd (1) 9:00 WEAVE INTO R BACK ROCK, 1/4 L X 2, SWAY X2, CROSS ROCK, SIDE ROCK, 1/4 R WITH SIDE L SEC 2 A Cross R over L (2), step L to L side (&), rock back on R (3) 2&3 Styling For Count 3 During 1st A move both hands from mouth and fwd (Whisper) During 2nd A cover mouth with both hands (Words Spoken) During 3rd A bring both hands together to pray (My Lord) 9:00 4&5 Recover on L (4), turn 1/4 L stepping R backwards (&), turn 1/4 L stepping L to L side (5) Styling R hand goes from L shoulder and down side of L arm ('sides') 3:00 Sway body R (&), sway body L (6) 3:00 &6 7&8& Cross rock R over L (7), recover on L stepping L slightly fwd (&), rock R to R side (8), turn 1/4 R stepping L to L side (&) You are moving slightly forward on 7&8& 6:00 Note: PART B 16 COUNTS, 2 WALL SEC 1B BACK R WITH SWEEP, 1/2 L, FULL SPIRAL R, RUN 1/8 R X2, 1/8 R WALK RLR 1/8 R, CROSS 1/4 L X2 Step back on R sweeping L to the side (1) Bring both arms fwd and out to both sides as if diving into water 6:00 Styling &2 - 3 Touch L back (&), turn 1/2 L onto L (2), make a full R spiral turn on L ending with R hooked over L (3) Styling For Count 2: Make a wave with R hand fwd 12:00 4& Turn 1/8 R stepping R fwd (4), turn 1/8 R stepping L fwd (&) 3:00 5 - 7 Turn 1/8 R walking R fwd (5), walk L fwd (6), turn 1/8 R stepping R fwd with a L sweep (7 Styling For counts 5-7: hug/rub your shoulders ('getting colder') 6:00 8&1 Cross L over R (8), turn 1/4 L stepping R back (&), turn 1/4 L stepping L to L side (1) Styling For Count 1: Push both arms out to the sides and lift R leg off the floor 12:00 FULL CHASE TURN, FINGERS POINT FWD, TO HEAD, HANDS TO SIDES, R HAND DOWN/UP, WALK RL SEC 2B 2&3 Turn ¼ L on L stepping R fwd (2), turn ½ L onto L (&), turn ¼ L stepping R to R side (3) For Counts 2&3: hug yourself on 2& ('Hold you'), bring arms down on 3 12:00 Styling Point R index finger fwd on 'YOU' in lyrics (&), point L index finger fwd on 'KEEP' in lyrics (a) 12:00 &a Bring R hand to R side of head on 'MY' in lyrics (4), bring L hand to L side of head on 'HEAD' in lyrics (e) 4(e) & Place R hand out to R side bent at R elbow and with R palm down on 'FROM' in lyrics (&), place L hand out to L side bent at L elbow with L palm down on 'GOING' in lyrics (a) 12:00 а 5 Push R hand down and under L arm in a waving motion bending in L leg on 'UN' in lyrics (5), 6 Pull R arm back and up above head on 'DER' in lyrics (6) Weight is still on L 12:00 7 - 8 Walk R fwd (7), walk L fwd (8) now ready to step back on R into either A or B 12:00 \*Note: Change + Restart During 8th A starting at 6:00: Dance Counts 1-6& (now facing 3:00), add counts 15&16& of A to restart into B facing 6:00 Ending: Complete last A which automatically finishes at 12:00 Contact: fwhitehouse1984@gmail.com & jean-pierremm@bluewin.ch



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