



Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, A, B (28 counts), A, A, A, B, A, B, A

Part A

SEC 1 **STEP, SWEEP BACK $\frac{5}{8}$ TURN, RUN BACK X2, ROCK BACK, FULL TURN, LUNGE FWD, RUN BACK X2, LUNGE SIDE, ROLLING VINE**

- 1 $\frac{1}{8}$ turn R Step RF forward (1:30)
2&3 $\frac{1}{2}$ turn R leaving LF sweep back Step LF back, Step RF back, Rock LF back
4&5 Recover on RF forward, $\frac{1}{2}$ turn R Step LF back, $\frac{1}{2}$ turn R Lunge RF forward reaching L arm forward (1:30)
6&7 Step LF back, Step RF back, $\frac{1}{8}$ turn L Lunge LF side bending L knee (12:00)
8& $\frac{1}{4}$ turn R Step RF forward, $\frac{1}{2}$ turn R Step LF back (9:00)

SEC 2 **OUT, OUT, BALL STEP $\frac{1}{2}$ TURN, OUT, OUT, $\frac{1}{4}$ STEP FWD, STEP $\frac{1}{2}$ TURN STEP, $\frac{1}{2}$ STEP BACK**

- 1-2 $\frac{1}{4}$ turn R Step RF side (Out), Step LF side (Out) (12:00)
&3 Step RF together, Step LF forward
4&5 $\frac{1}{2}$ turn R Step RF forward, Step LF diagonally forward (Out), Step RF diagonally forward (Out) bending R knee (6:00)
6 $\frac{1}{4}$ turn L Step LF forward (3:00)
7&8& Step RF forward, $\frac{1}{2}$ turn L Step LF forward, Step RF forward, $\frac{1}{2}$ turn R Step LF back (3:00)

Note At the end of part A add $\frac{3}{8}$ turn R to restart the dance stepping RF forward (7:30)

Note On first two part A raise R hand above head, raise L hand above head crossing wrists, free hands down to side, raise R hand head level, raise L hand head level, close hands rolling fingers to interpret the word « Mind » and let hands go down

Part B

SEC 1 **STEP, SWEEP FWD $\frac{1}{2}$ TURN, MAMBO $\frac{1}{4}$ TURN, MAMBO FWD, BEHIND $\frac{1}{4}$ STEP, FULL TURN**

- 1 Step RF forward (7:30)
2&3 $\frac{1}{2}$ turn R sweeping LF forward Rock LF forward, Recover on RF back, $\frac{1}{4}$ turn L Step LF forward (10:30)
4&5 Rock RF forward, Recover on LF back, Step RF back kicking LF forward
6&7 Cross LF behind RF, $\frac{1}{8}$ turn R Step RF side, $\frac{1}{8}$ turn R Step LF forward prepping body to R (1:30)
8& $\frac{1}{2}$ turn L Step RF back, $\frac{1}{2}$ turn L Step LF forward (1:30)

SEC 2 **$\frac{1}{4}$ SIDE ROCK, STEP LOCK BACK, FULL TURN SWEEP BACK, BOW DOWN, OUT OUT IN, MAMBO**

- 1 $\frac{1}{4}$ turn L Rock RF side kicking LF and reaching R arm out as you look to side on word « You » (10:30)
2&3 Step LF side, Lock RF over LF, $\frac{1}{8}$ turn R Step LF diagonally back (12:00)
4-5 $\frac{1}{2}$ turn R Step RF forward, $\frac{1}{2}$ turn R Step LF back sweeping RF back (12:00)
6 Finish sweep pointing RF behind LF as you bow down to interpret word « Down »
7&a Raise back up stepping RF side (Out) on ball of foot, Step LF side (Out) on ball of foot, Step RF together (In
8& Rock LF forward, Recover on RF back (6:00)

Heart Shaped Bruise
Continues... Page 1 of 2



Heart Shaped Bruise

Continued... Page 2 of 2

SEC 3 FULL TURN BACK, STEP BACK, COASTER MAMBO ¼ LUNGE SIDE, ¼ STEP FWD, CHASE ½ TURN MAMBO

- 1-2 ½ turn L Step LF forward, ½ turn L leaving RF sweep back Step RF back (12:00)
3&4& Step LF back, Step RF together, Rock LF forward, Recover on RF back
5-6 ¼ turn L Lunge LF side bending L knee and pushing R hand across chest, ¼ turn R Recover on RF forward (12:00)
7&8& Step LF forward, ½ turn R Step RF together, Rock LF forward, Recover on RF back (6:00)

SEC 4 ¼ LUNGE SIDE, ¼ STEP FWD, FULL TURN SPIRAL, STEP LOCK, SERPIENTE

- 1-2 ¼ turn L Lunge LF side bending L knee and pushing R hand across chest, ¼ turn R Recover on RF forward (6:00)
3 Step LF forward spiral full turn R hooking RF over L leg (6:00)
4& Step RF forward, Lock LF behind RF

Restart Here on first part B

- 5 Step RF forward sweeping LF forward
6&7 Cross LF over RF, Step RF side, Cross LF behind RF sweeping RF back
8& Cross RF behind LF, Step LF side

