

# Bruised Not Broken

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

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

**Music:** Bruised Not Broken (feat. MNEK & Kiana Ledé) - Matoma : (Single)

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## 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 ½ Turn R finishing with weight on RF (facing 6.00)

### [9-16] OUT OUT, SAILOR STEP, BALL STEP WITH ¼ 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 ¼ 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 ½ 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