

Stitches

Count: 32

Wall: 4

Level: Improver

Choreographer: Amy Glass (USA) - September 2015

Music: Stitches - Shawn Mendes : (iTunes)



Dance begins on the heavy beat; approximately 30 seconds into the track

[1-8] □ Step Back, Kick x2, Rock Back, Recover, Toe, Heel

- 1-2 Step back on R, kick L foot slightly forward *styling snap fingers during the kick
- 3-4 Step back on L, kick R foot slightly forward *styling snap fingers during the kick
- 5-6 Rock back on R, Recover weight on L
- 7-8 Tap R toe beside L while bringing R knee in, tap R heel to R diagonal while straightening the R leg

[9-16] □ Cross, Point, Cross-Point, Step, Hold, Ball Step, Cross-Rock, Recover

- 1-2 Cross R over L, Point L to L side
- 3-4 Point L to R diagonal, Step L to L side
- 5 Hold
- &6 Step on ball of R foot, Step L to L side
- 7-8 Rock R over L, Recover weight on L

[17-24] □ 1/4 R, Scuff, Step Pivot 1/2 R, Step, Sweep, Step, Sweep

- 1-2 Turn 1/4 R while stepping forward R, Scuff L foot (3:00)
- 3-4 Step forward L, Pivot 1/2 R (9:00)
- 5-6 Step forward L, Sweep R from back to front
- 7-8 Step forward R, Sweep L from back to front

[25-32] □ Cross, Back Side, Cross, Back, Side, Swivel

- 1-2-3 Cross L over R, Step back R, Step L to L side
- 4-5-6 Cross R over L, Step back L, Step R to R side (about shoulder width apart)
- 7-8 (Weight on ball of L foot, Heel of R foot) Swivel heels to L/ Toes to R, Return feet to center

Restart: Wall 9 after 16 counts, facing front wall (instrumental section)

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