

# Stitches

Count: 32 Wall: 4 Level: Improver

Choreographer: Amy Glass (Sept 2015)

Music: "Stitches" by Shawn Mendes (3:27). 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)  
(Weight on ball of L foot, Heel of R foot) Swivel heels to L/ Toes to R, Return feet to center
- 7-8

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

Contact: [amyleeane@gmail.com](mailto:amyleeane@gmail.com)