

# STITCHES



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**Count:** 32      **Wall:** 4      **Level:** Improver  
**Choreographer:** Amy Glass (Sept 2015)  
**Music:** "Stitches" by Shawn Mendes (3:27). iTunes

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

## **BACK-KICK –BACK – KICK –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

## **CROSS – POINT – 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

## **¼ RIGHT – SCUFF L –STEP ½ - STEP - SWEEP R – SWEEP L**

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

## **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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