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 ** **Restart – (12:00)**

[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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Quelle:copperknob

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