



STITCHES

Choreographed by Amy Glass (9/15), amyleeanne@gmail.com

Description: 32 count, 4 wall, improver line dance

Music: **Stitches** by Shawn Mendes (3:27)

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

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

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

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 here on Wall 9****

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

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