

# STITCHES

Description: 32 counts, 4 wall, Improver  
Choreographed by: Amy Glass (Sept 2015)  
Music: "Stitches" by Shawn Mendes (3:27)  
Dance begins on the heavy beat; approximately 30 seconds into the track

## STEP BACK, KICK X2, ROCK BACK, RECOVER, TOE, HEEL

- 1-2 Step back on R, kick L foot slightly fwd \*styling snap fingers during the kick
- 3-4 Step back on L, kick R foot slightly fwd \*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

## 1/4 R, SCUFF, STEP PIVOT 1/2 R, STEP, SWEEP, STEP, SWEEP

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