Stitches

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Amy Glass (USA) - September 2015
Music: Stitches - Shawn Mendes : (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)
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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