

# Stitches



**Count:** 32  
**Wall:** 4  
**Level:** Improver  
**Choreographer:** Amy Glass (Sept 2015)  
**Music:** Stitches by Shawn Mendes (3:27). iTunes  
**Taught by:** Kris Davis – 4/14/16

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**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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**Smartphone Users:**

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