



# STITCHES



**Choreographer:** Travis Taylor (Oct 2015)

**Count:** 64 **Walls:** 2/4 **Level:** Improver

**Music:** Stitches by Shawn Mendes

(Approx. 3:26min – iTunes)

**Album:** Handwritten

---

**INTRO:** 16 Counts of guitar strums – On lyrics

**Side Behind Side Cross, Side, Hold, Ball Step, Touch**

1-2-3-4 Step R to R side, Step L behind R, Step R to R side, Cross L over R

5-6&7-8 Step R to R side, Hold, Step L together, Step R to R side, Touch L next to R

**Side Behind Side Cross, Side, Hold, Ball Step, Touch**

1-2-3-4 Step L to L side, Step R behind L, Step L to L side, Cross R over L

5-6&7-8 Step L to L side, Hold, Step R together, Step L to L side, Touch R next to L

**K Step Touches**

1-2-3-4 Step R fwd on R 45, Touch L next to R, Step L back to Centre, Touch R next to L

5-6-7-8 Step R back on R 45, Touch L next to R, Step L fwd back to Centre, Scuff R next to L

NOTES: Clap on Counts 2,4,6,8

**Step 1/2L Turn Step Hold, Step 1/4R Turn Cross, Hold**

1-2-3-4 Step R fwd, 1/2L Pivot weight on L, Step R fwd, Hold & Clap

5-6-7-8 Step L fwd, 1/4R Pivot weight on R, Cross L over R, Hold & Clap

**Rock Fwd/Replace, Back Kick, Back Kick, Rock Back/Replace**

1-2-3-4 Rock R fwd, Replace weight on L, Step back on R, Kick L out to L 45

5-6-7-8 Step back on L, Kick R out to R 45, Rock back on R, Replace weight on L

**Step Lock Step, Step 1/2R Turn Step, Hold**

1-2-3-4 Step R fwd, Lock L behind R, Step R fwd, Hold or Scuff L

5-6-7-8 Step L fwd, 1/2R Pivot weight on R, Step fwd on L, Hold

**Rock Fwd/Replace, Back Kick, Back Kick, Rock Back/Replace**

1-2-3-4 Rock R fwd, Replace weight on L, Step back on R, Kick L out to L 45

5-6-7-8 Step back on L, Kick R out to R 45, Rock back on R, Replace weight on L

**Step Lock Step, Step 1/4R Turn Cross, Hold**

1-2-3-4 Step R fwd, Lock L behind R, Step R fwd, Hold or Scuff L

5-6-7-8 Step L fwd, 1/4R Pivot weight on R, Cross L over R, Hold

---

Restarts: On Walls 2 & 6, Restart on Count 32  
On Wall 7, Restart on Count 16

---