

# Needle & Thread

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Sue Jepson (UK) - February 2016

Musique: Stitches - Shawn Mendes : (iTunes)



**Intro: 80 counts from start of track, 34 secs – Start after the words “breathe me back to life”**

## Section 1: Step touch, touch out-in, weave left

- 1, 2, Step Right to Right side, touch Left next to Right
- 3, 4 Touch Left out to Left side, touch Left next to Right
- 5, 6 Step Left to Left side, step Right behind Left
- 7, 8 Step Left to Left side, step Right across Left

## Section 2: Step touch, touch out-in, weave right, turn 1/8 R to diagonal, scuff

- 1, 2, Step Left to Left side, touch Right next to Left
- 3, 4 Touch Right out to Right side, touch Right next to Left
- 5, 6 Step Right to Right side, step Left behind Right
- \*\*\*Step change / Restart here during Wall 5, facing 12 o'clock
- 7, 8 Turn 1/8 to the Right diagonal corner and step Right forward. Scuff the Left.

## Section 3: Rock, Recover, 1/2 turn Left to opposite diagonal, scuff, Right lock shuffle forwards, hold.

- 1, 2 Rock forward L (still facing diagonal), recover on to Right
- 3, 4 Turn 1/2 Left, stepping Left forward towards 7.30. Scuff the Right.
- 5, 6 Step Right forwards to 7.30, lock the Left behind the Right
- 7, 8 Step Right forwards to 7.30, hold

## Section 4: Side rock, cross, step, twist and kick

- 1, 2, Rock Left to Left side as you turn 1/8 R (facing 9.00), step Right to Right side
- 3, 4 Step Left across Right, step Right next to Left
- 5, 6, 7 Twist heels to Right, twist toes to Right, twist heels to Right,
- 8 Kick Left to Left diagonal

## Section 5: Step, kick – Step, kick, coaster step, scuff

- 1, 2, 3, 4 Step Left back, Kick Right to Right diagonal, Step back Right, kick Left to Left diagonal
- 5, 6, 7, 8 Step Left back, step Right next to Left, Step Left forwards, scuff Right

## Section 6: Right lock shuffle forwards, hold; Step 1/2 turn step, hold

- 1, 2, 3, 4 Step forwards Right, lock the Left behind the Right, step forwards Right, hold
- 5, 6, 7, 8 Step Left forwards, turn 1/2 turn to the Right, stepping on the Right (3.00), step forwards left, hold

## Section 7: Right Side rock, cross, hold; Left side rock, cross, hold

- 1, 2, 3, 4 Rock Right to Right side, recover on Left to Left side, step Right across Left,, hold
- 5, 6, 7, 8 Rock Left to Left side, recover on Right to Right side, step Left across Right,, hold

## Section 8: Right Rocking chair, weave to the Right

- 1, 2, 3, 4 Rock Right forwards to Right diagonal (4.30), recover back on Left, rock Right back (still facing 4.30), recover forwards on Left
  - 5, 6, Straightening on to 3.00 wall, Step Right to Right side, step Left behind Right,
  - 7, 8 Step Right to Right side, step Left across Right
- (If you like turns, you can make these last 4 counts into a rolling turn to the Right)**

**Start again**

**\*\*\*Restart /Step Change: On Wall 5, dance the first 6 counts of Section 2, then, instead of counts 7, 8, add the following**

7, 8                    Step Right to Right side, step Left across Right (facing 12.00).

**Restart facing 12.00**

I've written this dance for my (Improved) Beginners and, although it has 64 counts, it is easy to follow with repeated sequences.

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