

Stitched Up

Compte: 32

Mur: 4

Niveau: Intermediate west coast swing



Chorégraphe: Donna Shea (USA)

Musique: Stitched Up (feat. John Mayer) - Herbie Hancock

PRESS, KICK, STEP-LOCK-STEP, ½ TURN SHUFFLE, ½ TURN ½ TURN

- 1-2 Press right toe forward, kick right foot forward
- 3&4 Step back right, cross left over right, step back right
- 5&6 Turn ½ turn to the left stepping left, right, left
- 7-8 Turn ½ turn to left stepping back right, turn ½ turn to left stepping forward left

ROCK STEP, STEP-LOCK-STEP, STEP-LOCK-STEP-LOCK-STEP-LOCK-STEP

- 1-2 Rock forward on right foot, recover back to left foot
- 3&4 Step back right, cross left over right, step back right
- 5&6& Step back left, step right over left, step back left, step right over left
- 7&8 Step back left, step right over left, step back left

¼ TURN RIGHT, ¼ TURN RIGHT, ½ TURN SHUFFLE, ROCK STEP, 1 ¼ SHUFFLE TO THE LEFT

- 1-2 Step right foot ¼ turn to the right, step left foot ¼ turn to the right
- 3&4 Pivot ½ turn to the right on left foot and shuffle sideways right-left-right
- 5-6 Step left foot across right, recover onto to right foot
- 7&8 Turn 1 ¼ turns to the left while shuffling left-right-left

For those who don't spin, shuffle left with a ¼ turn left on count 8

TOE HEEL, ½ TURN TOE HEEL, ½ TURN TOE HEEL, ROCK STEP

- 1-2 Point right toe forward, take weight onto right foot
- 3-4 Turn ½ turn to the right touching left toe behind, take weight onto left foot
- 5-6 Turn ½ turn to the right touching right toe forward, take weight onto right foot
- 7-8 Rock forward onto left foot, recover back onto right foot
- & Change weight to left and start again!

REPEAT

RESTART

On wall 7, restart after count 8