

Stitches

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ann-Kristin Sandberg (NOR) - March 2015
音乐: Stitches - Shawn Mendes : (iTunes)



Start dancing 1 count before vocal begin.

S1: ROCK RECOVER-BACK-BESIDE-FORW RECOVER-SIDE RECOVER

1-2 Step Right forw, Recover onto Left
3-4 Step Right back, Step Left next to Right
5-6 Step Right forw, Recover onto Left
7-8 Step Right to Right side, Recover onto Left

S2: CROSS-SIDE-CROSS-HITCH-1/4 TURN R-STEP-BESIDE-STEP-HOLD

1-2 Cross Right over Left, Step Left to Left side
3-4 Cross Right over Left, Hitch Left knee
5-6 ¼ turn Right stepping Left forw, Step Right next to Left (03)
7-8 Step Left forw, Hold

S3: FORW RECOVER-BACK RECOVER-STEP-PIVOT ½ TURN L-STEP-HOLD

1-2 Step Right forw, Recover onto Left
3-4 Step Right back, Recover onto Left
5-6 Step Right forw, Pivot ½ turn Left (09)
7-8 Step Right forw, Hold

S4: ½ TURN R-1/4 TURN R-STEP-HOLD-FORW RECOVER-BACK RECOVER

1-2 ½ turn Right stepping Left back, ¼ turn Right stepping Right to Right side (06)
3-4 Step Left forw, Hold
5-6 Step Right forw, Recover onto Left
7-8 Step Right back, Recover onto Left

S5: RUN 3 STEPS FORW-HITCH-RUN 3 STEPS BACK-HOLD

1-2 Step Right forw, Step Left forw
3-4 Step Right forw, Hitch Left knee
5-6 Step Left back, Step Right back
7-8 Step Left back, Hold

S6: SIDE RECOVER-SIDE STEP WITH ¼ TURN LEFT-RECOVER-FORW RECOVER-BACK RECOVER

1-2 Step Right to Right side, Recover onto Left
3-4 ¼ turn Left stepping Right to Right side, Recover onto Left (03)
5-6 Step right forw, Recover onto Left
7-8 Step Right back, Recover onto Left

S7: SIDE-BEHIND-SIDE-CROSS-SIDE-HOLD-BACK-RECOVER

1-2 Step Right to Right side, Cross Left behind Right
3-4 Step Right to Right side, Cross Left over Right
5-6 Step Right to Right side (long step), Hold
7-8 Step Left back, Recover onto Right

S8: SIDE-BEHIND-SIDE-CROSS-SIDE-HOLD-BACK-RECOVER

1-2 Step Left to Left side, Cross Right behind Left
3-4 Step Left to Left side, Cross Right over Left

5-6 Step Left to Left side, Hold
7-8 Step Right back, Recover onto Left

RESTARTS:-

Wall 2 : Dance first 32 counts & Restart facing 09.

Wall 6 : Dance first 32 counts & Restart facing 09.

TAG 16 Counts: After wall 8 facing 12:

1-2 Step right forw, Hold
3-4 Step left forw, Hold
5-6 Step right forw, Pivot ½ turn L (06)
7-8 Step right forw, Hold

1-2 Step left forw, Hold
3-4 Step right forw, Hold
5-6 Step left forw, Pivot ½ turn right (12)
7-8 Step left forw, Hold

ENJOY!
