



Web site: [www.linedancerweb.com](http://www.linedancerweb.com)

E-mail: [admin@linedancerweb.com](mailto:admin@linedancerweb.com)

## In Stitches

32 Count, 2 Wall, Beginner

Choreographer: Lynn Card (USA) Oct 2015

Choreographed to: Stitches by Shawn Mendes

---

**\*\* (For my daughter Chloe, who had stitches Oct. 2015) \*\***

### **INTRO: 16 COUNTS - No Tags, 1 Restart Optional**

#### **SECTION 1: SIDE, HOLD, STEP, SIDE, TOUCH, SIDE, HOLD, STEP SIDE, TOUCH**

1,2 Step R to right, Hold  
&3,4 Step L next to R, Step R to right, Touch L next to R  
5,6 Step L to left, Hold  
&7,8 Step R next to L, Step L to left, Touch R next to L

#### **SECTION 2: ROCKING CHAIR, STEP, ¼ TURN, HEEL, STEP, HEEL**

1,2 Rock R forward, Recover back on L  
3,4 Rock R back, Recover forward on L  
5,6 Step R forward, Turn ¼ to left touch L heel forward  
7,8 Step L next to R, Touch R heel forward (3:00)

#### **SECTION 3: TOUCH, HEEL, TOUCH, HEEL, STEP, HEEL TOUCH, HEEL**

1,2 Touch R center next to to L, Touch R heel forward  
&3,4 Touch R next to L, Touch R heel forward  
5,6 Step R next to L, Touch L heel forward  
&7,8 Touch L next to R, Touch L heel forward

**RESTART OPTIONAL HERE IN WALL 11 after 16 counts...but note this will change the 2 wall dance from 12 and 6 to 3 and 9...Restart not necessary for beginner dancers.**

#### **SECTION 4: STEP, HITCH, STEP, ¼ TURN, HITCH, STEP TOGETHER, HEEL SPLIT**

1,2 Step L next to R, Hitch R (feet actually slightly apart/shoulder width)  
3,4 Step down on R, Turn ¼ to left as you hitch L (6:00)  
5,6 Step down/forward on L, Step R next to L  
7,8 Split heels apart, Bring heels together