

# Stitched Up

Choreographed by Donna Shea [donna.didance@yahoo.com](mailto:donna.didance@yahoo.com) or 978/772-1255

Description: 32 count, 4 wall (rotating clockwise), intermediate west coast swing line dance

Music: **Stitched Up** by Herbie Hancock Featuring John Mayer, or swing or cha cha rhythm music  
Note: **Stitched Up** is almost 5½ minutes long – you may want to fade music at 4 minutes

**Taught at Worlds 2007 by Rona Kaye, and at Wild Bill's, Atlanta GA by Debbie Scott**  
**Step Sheet provided by Rose Haven, [rose@atlantalincedance.com](mailto:rose@atlantalincedance.com) or 404.379.1213**  
**And based on choreographer's original step sheet.**

## **PRESS, KICK, STEP-LOCK-STEP, ½ TURN TRIPLE, 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 Triple Turn ½ 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  
(end facing 6:00 wall)

**Note:** instead of full turn, you can walk right, walk left, forward on counts 7-8

## **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

**Note:** On the first wall of the dance there is a long break for counts 5-8: you can take a long step back on the left for count 5, then slowly drag the right next to the left for counts 6-8.

## **¼ TURN RIGHT, ¼ TURN RIGHT, ½ TURN TRIPLE, ROCK STEP, 1 ¼ TRIPLE TO THE LEFT**

- 1-2 Step right foot ¼ turn to the right side, step left foot ¼ turn to the right side  
3&4 Pivot ½ turn to the right on ball of left foot and triple to right side, right-left-right  
5-6 Cross Rock/Step left foot across right, recover back onto to right foot  
7&8 Turn 1 ¼ turns to the left on triple left-right-left (end facing 3:00 Wall)

**Note:** For those who don't spin, triple forward with ¼ turn left on counts 7&8

## **TOE HEEL, ½ TURN TOE HEEL, ½ TURN TOE HEEL, ROCK STEP**

- 1-2 Touch right toe forward, put right heel down  
3-4 Turn ½ turn to the ball of right touching left toe behind, put left heel down  
5-6 Turn ½ turn to the right on ball of left touching right toe forward, put right heel down (end facing 3:00 wall)  
7-8 Rock forward onto left foot, recover back onto right foot  
& Change weight to left (&) and start again!

## **REPEAT**