Sticks and Stones

by Maddison, Simon and Niels

October 2025



Type of dance:	1 wall, intermediate linedance. A: 64 counts, B: 32 counts. Tag: 16 counts
Music:	***Sticks & Stones*** by Lauren Spencer Smith. 112 bpm. Track length: 3.22.
Intro:	16 counts from start of lyrics. App. 9 secs. into track. Start with weight on L foot
Phrasing:	A, B, Tag, A, B, B, Tag, B, B, B, Ending

A Part: 64 counts, west coast swing, comes twice, always facing 12:00

Counts	Footwork	End facing
1 – 8	**Stomp R, Hold, syncopated behind side cross, big R step slide, ball cross, side L**	
1 – 2	Stomp R to R side fanning L toes out to L side (1), HOLD (2)	12:00
&3 – 4	Cross L behind R (&), step R to R side (3), cross L over R (4)	12:00
5 – 6	Step R a big step to R side (5), slide L towards R (6)	12:00
&7 - 8	Step L next to R (&), cross R over L (7), step L to L side (8)	12:00
9 – 16	**Behind sweep, ball ¼ R, fwd L, step ½ L X 2**	
1 – 2	Cross R behind starting to sweep L to L side (1), continue sweeping L behind R (2)	12:00
&3 – 4	Cross L behind R (&), turn ¼ R stepping R fwd (3), step L fwd (4)	3:00
5 – 8	Step R fwd (5), turn ½ L onto L (6), step R fwd (7), turn ½ L onto L (8)	3:00
17 – 24	**Stomp R, Hold, syncopated behind side cross, big R step slide, ball cross, side L**	
1 – 2	Stomp R to R side fanning L toes out to L side (1), HOLD (2)	3:00
&3 – 4	Cross L behind R (&), step R to R side (3), cross L over R (4)	3:00
5 – 6	Step R a big step to R side (5), slide L towards R (6)	3:00
&7 – 8	Step L next to R (&), cross R over L (7), step L to L side (8)	3:00
25 – 32	**Behind sweep, ball ¼ R, fwd L, step ½ L X 2**	
1 – 2	Cross R behind starting to sweep L to L side (1), continue sweeping L behind R (2)	3:00
&3 – 4	Cross L behind R (&), turn ¼ R stepping R fwd (3), step L fwd (4)	6:00
5 – 8	Step R fwd (5), turn ½ L onto L (6), step R fwd (7), turn ½ L onto L (8)	6:00
33 – 40	**R mambo step, L coaster cross, R side rock cross, ¼ R back, 3/8 R fwd R**	
1&2	Rock fwd on R (1), recover back on L (&), step back on R (2)	6:00
3&4	Step back on L (3), step R next to L (&), cross L over R (4)	6:00
5&6	Rock R to R side (5), recover on L (&), cross R over L (6)	6:00
7 – 8	Turn ¼ R stepping back on L (7), turn 3/8 R stepping R fwd (8)	1:30
41 – 48	**L shuffle fwd, ¼ L into R chassé, L sailor ¼ L, walk RL**	
1&2	Step L fwd (1), step R behind L (&), step L fwd (2)	1:30
3&4	Turn ¼ L stepping R to R side (3), step L next to R (&), step R to R side (4)	10:30
5&6	Cross L behind R (5), turn ¼ L stepping R next to L (&), step L fwd (6)	7:30
7 – 8	Walk R fwd (7), walk L fwd (8)	7:30
49 – 56	**Hip bumps fwd back down, ¼ R into hip bumps LR down, R sailor ¼ R, walk LR**	
1&2	Touch R fwd bumping hips fwd R (1), bump hips back (&), step down on R (2)	7:30
3&4	Turn ¼ R pointing L to L side bumping hips L (3), bump hips R (&), step down on L (4)	10:30
5&6	Cross R behind L (5), turn ¼ R stepping L next to R (&), step R fwd (6)	1:30
7 – 8	Walk L fwd (7), walk R fwd (8)	1:30
57 – 64	**L jazz box 1/8 L, touch together, out out RL with LR Elvis knees, Hold, ball cross**	
1 – 4	Cross L over R (1), turn 1/8 L stepping R back (2), step L to L side (3), touch R next to L (4)	12:00
5 – 6	Step R to R side popping L knee in towards R knee (5), step L to L side popping R knee in towards L knee (6)	12:00
7 – &8	HOLD (7), step down on R (&), cross L over R (8)	12:00

B Part: 32 counts/cha cha, comes 6 times, always facing 12:00

1 – 9	**Side R, 1/8 L back rock, L step lock step, R rock fwd, back touch R&L X 2**	
1 – 3	Step R to R side (1), turn 1/8 L rocking back on L (2), recover on R (3)	10:30

4&5	Step L fwd (4), lock R behind L (&), step L fwd (5)	10:30
6 – 7	Rock R fwd (6), recover back on L (7)	10:30
&8&1	Step back on R (&), touch L slightly fwd (8), step back on L (&), touch R slightly fwd (1)	10:30
10 – 17	**R back rock, lock ½ L, L back rock, L samba step together with ¼ L**	
2 – 3	Rock back on R (2), recover on L (3)	10:30
4&5	Turn ¼ L stepping R to R side (4), cross L over R (&), turn ¼ L stepping back on R (5)	4:30
6 – 7	Rock back on L (6), recover on R (7)	4:30
8&1	Cross L over R (8), turn ¼ L stepping R a small step to R side (&), step L next to R (1)	1:30
18 – 23	**Cross, 3/8 R back L, R back lock step, L back rock**	
2 – 3	Cross R over L (2), turn 3/8 R stepping back on L (3)	6:00
4&5	Step back on R (4), lock L over R (&), step back on R (5)	6:00
6 – 7	Rock back on L (6), recover onto R (7)	6:00
24 – 32	**L kick ball point, ¼ R, L&R side points, R jazz box ¼ R, cross**	
8&1 – 2	Kick L fwd (8), step L next to R (&), point R to R side (1), HOLD (2)	6:00
&3&4	Turn ¼ R stepping R next to L (&), Point L to L side (3), step L next to R (&), point R to R side (4)	9:00
5 – 8	Cross R over L (5), start turning ¼ R stepping back on L (6), finish ¼ R stepping R to R side (7), cross L over R (8)	12:00

Tag: 16 counts, comes twice, always facing 12:00

1 – 8	**Side R, Hold, ball side, Hold, ball side, L jazz box**	
1 – 2	Step R to R side (1), HOLD (2)	12:00
&3 – 4	Step L next to R (&), step R to R side (3), HOLD (4)	12:00
&5	Step L next to R (&), step R to R side (5)	12:00
6 – 8	Cross L over R (6), step back on R (7), step L to L side (8)	12:00
9 – 16	**Cross R over, Hold, ball cross behind, side L, R jazz box, cross**	
1 – 2	Cross R over L (1), HOLD (2)	12:00
&3 – 4	Step L to L side (&), cross R behind L (3), step L to L side (4)	12:00
5 – 8	Cross R over L (5), step L back (6), step R to R side (7), cross L over R (8)	12:00

Ending	*Finish your 6th B.and step R to R side raising both arms up with palms facing up*	12:00