Sticks and Stones

Count: 96 **Wall:** 1 **Level:** Intermediate Phrased

Choreographer: Maddison Glover (AUS), Simon Ward (AUS) & Niels Poulsen (DK) - October 2025

Music: Sticks & Stones - Lauren Spencer Smith

A: 64 counts, B: 32 counts. Tag: 16 counts

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

[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