



Sticks And Stones Easy



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32 Count 4 Wall Beginner Level Dance.

Choreographed by: Becky Hawthorne (USA) Jan 2026

Choreographed to: Sticks & Stones by Lauren Spencer Smith

Intro: 16 Counts. Start at approx 9 secs.

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SEC 1 FWD, LOCK, FWD, LOCK, FWD, TAP, BACK, TOGETHER

- 1-2 Step RF forward, lock LF behind R
- 3-4 Step RF forward, lock LF behind R
- 5-6 Step RF forward, tap LF behind R
- 7-8 Step LF back, step RF next to LF

SEC 2 FWD, LOCK, FWD, LOCK, FWD, TAP, BACK, TOGETHER

- 1-2 Step LF forward, lock RF behind L
- 3-4 Step LF forward, lock RF behind L
- 5-6 Step LF forward, tap RF behind L
- 7-8 Step RF back, step LF next to RF

SEC 3 1/4 PIVOT, 1/4 PIVOT, FWD, DRAG, FWD, DRAG

- 1-2 Step RF forward, 1/4 pivot to L transferring weight to LF (9:00)
- 3-4 Step RF forward, 1/4 pivot to L transferring weight to LF (6:00)
- 5-6 Step RF to R fwd diagonal, drag LF fwd to touch next to RF
- 7-8 Step LF to L fwd diagonal, drag RF fwd to touch next to LF

SEC 4 SLOW COASTER, FORWARD, 1/4 HEEL BOUNCES, TOGETHER

- 1-2 Step RF back, step LF back next to RF
- 3-4 Step RF forward, step LF forward with partial weight
- 5-7 Turn 1/8 left bounce both heels, turn 1/8 left bounce both heels, bounce both heels weight on RF (9:00)
- 8 Step LF next to RF



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