

Sticks and Stones Easy

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Becky Hawthorne (USA) - January 2026

Music: Sticks & Stones - Lauren Spencer Smith



Intro: 16 counts

No restarts, no tags

Section 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

Section 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

Section 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

Section 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, 6, 7 Three heel bounces making 1/4 turn to R ending with weight on RF (9:00)
- 8 Step LF next to RF taking all weight onto LF

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