

Before He Cheats

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Dawn Rathbun (USA)

Musik: Before He Cheats - Carrie Underwood



HEEL JACKS, UNWIND

- 1-2&3 Step back left, tap right heel forward, bring ball right home & cross left over right
4-5&6 Step back right, tap left heel forward, bring ball left home & cross right over left
7-8 Unwind ½ left, raise up on toes drop heels while turning twice

ROCK, KICK BALL CROSS, ROCK & CROSS, SWAY

- 1-2 Step back on left, recover weight on right
3&4 Kick left forward, bring ball of left home, cross right over left
5&6 Rock side left, bring ball right home, cross left over right
7-8 Sway hips side right, left

½ SYNCOPATED ROCKS, SWAY, SHUFFLE FORWARD

- 1&2 Step forward right, ¼ right recovering weight back on left, step ¼ right on right
3&4 Step forward left, ¼ left recovering weight back on right, step ¼ left on left
5-6 Sway hips forward right, back left
7&8 Step forward right, slide left up to right, step forward right

ROCK, ROCK & CROSS, ROCK, ¼ SAILOR

- 1-2 Step forward left, recover weight back on right
3&4 Rock side left, bring ball right home, cross left over right
5-6 Step forward right, recover weight back on left
7&8 Step right behind left, step ¼ side right, step side right

REPEAT

TAG

End off the second wall add the following 4 counts

- 1-2 Step forward left, recover weight back on right
3-4 Sway hips back left, forward right
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