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| --- | --- |
| Before He Cheats |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Dawn Rathbun (USA) | | | | |
| **Music:** | 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 |