

Before He Cheats

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Noah Sierra (USA) - March 2022

Music: Before He Cheats - Carrie Underwood



Intro counts: 32 – start on vocals

- #1. R MAMBO FORWARD, PUSH L, STEP L, R HEEL, L HEEL, R MAMBO FORWARD.
1&2& Rock RF forward, recover on LF, step RF back, hold 1 count.
3&4& Push LF to L side, recover on RF, cross LF over RF, hold 1 count.
5&6& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.
7&8& Rock RF forward, recover on LF, touch RF on LF, hold 1 count.
- #2. POINT R, SLIDE R, POINT L, SLIDE L, BOX STEP, WEAVE R.
1&2& Point RF to R side, touch RF on LF, step RF to R side, slide LF into RF (weight on RF).
3&4& Point LF to L side, touch LF on RF, step LF to L side, slide RF into LF (weight on LF).
5-6& Cross RF over LF, step LF back, step RF to R side.
7&8 Cross LF over RF, step RF slightly to R side, cross LF over RF.
- #3. POINT R, POINT L, R HEEL, L TOE, PIVOT ½, PUSH L, CROSS L.
1&2& Touch RF to R side, step RF on LF, touch LF to L side, step LF on RF.
3&4& Touch R heel forward, step RF on LF, touch L toe back, step LF on RF.
5&6& Step RF forward, pivot ½ over L shoulder, step RF forward, hold 1 count.
7&8& Push LF to L side, recover on RF, cross LF over RF.
- #4. ROCK R, ¼ PIVOT, BOX STEP, POINT R, POINT L, WALK FORWARD X2.
1&2& Rock RF forward, recover on LF, rock RF back, recover on LF.
3&4& Step RF forward, pivot ¼ over L shoulder, cross RF over LF, step LF back.
5&6& Step RF to R side, step LF on RF, touch RF to R side, step RF on LF.
7&8& Touch LF to L side, step LF on RF, walk RF forward, walk LF forward.

NO TAGS/RESTARTS

Please do not alter this step sheet in any way.

If you would like to use on your website, please make sure it is in its original format and include all contact details on this script.

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