

# Before He Cheats

**COPPER** KNOB  
STEPSHEETS

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  $\frac{1}{2}$  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

## $\frac{1}{2}$ SYNCOPATED ROCKS, SWAY, SHUFFLE FORWARD

- 1&2 Step forward right,  $\frac{1}{4}$  right recovering weight back on left, step  $\frac{1}{4}$  right on right  
3&4 Step forward left,  $\frac{1}{4}$  left recovering weight back on right, step  $\frac{1}{4}$  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, $\frac{1}{4}$ 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  $\frac{1}{4}$  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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