Count: 64
Wall: 4
Level: Intermediate
Choreographer: Bob Boesel (USA) - January 2008
Music: Before He Cheats - Carrie Underwood : (CD: Some Hearts)


Lead In: Sixteen count lead in, dance starts on vocals with weight on left foot.
(A) STEP $1 / 4$ R, STEP $1 / 4$ R, SAILOR CROSS $1 ⁄ 2$ R, STEP SIDE, SWAY, BEHIND SIDE CROSS, ROCK

1-2 Turn $1 / 4 R$ stepping forward on $R$, turn $1 / 4 R$ stepping side on $L$
$3 \& 4 \quad$ Step $R$ behind $L$ turning $1 / 4 R$, turn $1 / 4 R$ stepping side on $L$, cross step $R$ over $L$ ( $1 / 2$ turn sailor cross)
5-6 Step side on $L$ swaying hips $L$, recover on $R$ swaying hips $R$
7\&8\& Step L behind R, step side on R, cross step L over R, rock side on R [12:00]
(B) STEP $1 / 4$ L, STEP $1 / 4$ L, SAILOR CROSS $3 / 4$ L, STEP SIDE, SWAY, BEHIND SIDE CROSS, SIDE

1-2 Turn $1 / 4 L$ stepping forward on $L$, turn $1 / 4 L$ stepping side on $R$
$3 \& 4 \quad$ Step $L$ behind $R$ turning $1 / 4 L$, turn $1 / 4 L$ stepping side on $R$, turn $1 / 4 L$ stepping $L$ across $R(3 / 4$ turn sailor cross)
5-6 Step side on $R$ swaying hips $R$, recover on $L$ swaying hips $L$
7\&8\& Step $R$ behind $L$, step side on $L$, cross step $R$ over $L$, step side on $L$ (weave) [9:00]
(C) CROSS ROCK, RECOVER, KICK BALL CROSS, KICK BALL WEAVE, $1 / 4$ R SHUFFLE FWD

1-2 Cross rock $R$ over $L$, recover on $L$
3\&4 Kick $R$ on $R$ diagonal, step ball of $R$ next to $L$, cross step $L$ over $R$
5\&6\& Kick $R$ on $R$ diagonal, step ball of $R$ next to $L$, cross step $L$ over $R$, small step side on $R$ 7\&8\& Step L behind R, turn $1 / 4 R$ and shuffle forward (small steps) R, L, R [12:00]
(D) ROCK FWD, RECOVER, STEP BACK, BACK DRAG (2X), COASTER, LOCK, STEP, STEP, LOCK STEP

1\&2 Rock forward on $L$, recover on R, step back on $L$
3-4
Long step back on $R$ drawing $L$ to $R$, long step back on $L$ drawing $R$ to $L$.
5\&6\& Step back on $R$, step $L$ next to $R$, step forward on $R$ diagonal, lock step $L$ behind $R$
7\&8\& Step $R$ fwd on $R$ diagonal, step $L$ fwd on $L$ diagonal, lock step $R$ behind $L$, step $L$ fwd on $L$ diagonal [12:00]
(E) CROSS, RECOVER, SIDE, CROSS, RECOVER, SIDE, ROCK FWD, RECOVER, $1 / 2 \mathrm{R}$ STEP FWD, $1 / 4 \mathrm{R}$ STEP SIDE, BEHIND, SIDE, HEEL
1\&2 Cross rock $R$ over $L$, recover on $L$, step side on $R$
$3 \& 4 \quad$ Cross rock $L$ over $R$, recover on $R$, step side on $L$
5\&6\& $\quad$ Rock forward on $R$, recover on $L$, turn $1 / 2 R$ stepping forward on $R$, turn $1 / 4 R$ stepping side on L
$7 \& 8 \quad$ Step $R$ behind $L$, step side on $L$, tap $R$ heel on $R$ diagonal [9:00]
(F) TOGETHER, CROSS, SIDE, HEEL, TOGETHER, CROSS, $1 \not 14$ TURN R, $1 / 2$ TURN R, STEP PIVOT, FWD, STEP PIVOT, FULL TURN L, STEP
\&1\&2 Step $R$ next to $L$, cross step $L$ over $R$, step side on $R$, tap $L$ heel on $L$ diagonal
\& $3 \& 4$ Step $L$ next to $R$, cross step $R$ over $L$, turn $1 / 4 R$ stepping back on $L$, turn $1 / 2 R$ stepping forward on $R$
5\&6 Step forward on $L$, pivot $1 / 2 R$ onto $R$, step forward on $L$
7\&8\& Step forward on $R$, pivot $1 / 2 L$ onto $L$, step forward on $R$ making a full turn $L$, step forward on $L$ [6:00]
(G) SIDE, TOG, BACK, $1 / 4 \mathrm{~L}$, SIDE, TOG, FWD, $1 / 4 \mathrm{~L}$, SIDE, TOG, BACK, $1 ⁄ 4 \mathrm{~L}$, SIDE, TOG, FWD
(H) CROSS, RECOVER, SIDE, WEAVE, ROCK, RECOVER, WEAVE, SIDE, ROCK BACK, RECOVER

## Begin again.

*TAG: After completion of the first wall there is a four count tag - Rock $R$, recover, cross, rock $L$, recover, cross (1\&2,3\&4).
**RESTART: On the 4th wall (start facing 3:00) dance the first 5 counts (stepping side on L), hold the break and restart on the beat.

