

# Before He Cheats

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Noah Sierra (USA) - March 2022

**Musique:** 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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