

编舞者: Yu Sugawara (JP)

音乐: Before He Cheats - Carrie Underwood



SWEEP, CROSS, SIDE, SWEEP, CROSS, 1/2 TURN, ROCK, RECOVER, NC2 LEFT BASIC

1 Cross right in front of left foot while sweep left toward front
2& Cross left in front of right foot, step right to right side
3 Cross left behind right foot while sweep right toward back

4& Cross right behind left foot, make a ¼ turn left with step left forward

5 Make a ¼ turn left with step right to right side 6& Rock left behind right, recover weight to right

7-8& Large step left to left side, rock right behind left, recover weight to left

ROCK, ROCK, TURNING TRIPLE TWICE

1-2 Rock right to right side, rock left to left side

3&4 Make a ¼ turn right with step right forward, make a ½ turn right with step left back, make a ¼

turn right with step right to right side

5-6 Rock left to left side, rock right to right side

7&8 Make a ¼ turn left with step left forward, make a ½ turn left with step right back, make a ¼

turn left with step left to left side

TOE STRUT, TOE STRUT, KICK BALL CROSS, ½ UNWIND, CROSS, ¼ TURN

1-2 Touch right toe across left, drop right heel in place3-4 Touch left toe to left side, drop left heel in place

5&6 Kick right, step right beside left, cross left in front of right

%7 ½ unwind turn, cross right in front of left8 Make a ¼ turn left with step left forward

PRESS, RECOVER, COASTER STEP, 1/2 TURN RIGHT, FULL TURN LEFT

1-2 Press right forward, recover weight to left with point right foot in the air

3&4 Step right behind left, step left beside right, step right forward

5 Making a ½ turn right while bring left foot to right calf

6 Step left forward

7-8 Make a ½ turn left with step right back, make a ½ turn left with step left forward

REPEAT

TAG

At end of wall 2 (6:00 wall)

Press right foot to right side (face, right knee, and right toe toward 9:00. But body face is

6:00)

2 Touch right beside left with face lowered to left

34 Hold (the right hand is shaken off three times on the side of the face toward outside.)

Start the dance from the beginning