

BEFORE HE CHEATS

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Dawn Rathbun

Music: Before He Cheats by 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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=63673