

BEFORE HE CHEATS

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Count: 64

Wall: 4

Level: beginner/intermediate

Choreographer: Cyndi Egbert

Music: Before He Cheats by Carrie Underwood

TOE, HEEL, STOMP; TOE, HEEL, STOMP; BACK, TOGETHER; COASTER

- 1&2 Right toe, heel, stomp
- 3&4 Left toe, heel, stomp
- 5 Step back with right
- 6 Step together with left
- 7&8 Right coaster step

TOE, HEEL, STOMP; TOE, HEEL, STOMP; BACK, TOGETHER; COASTER

- 1&2 Left toe, heel, stomp
- 3&4 Right toe, heel, stomp
- 5 Step back with left
- 6 Step together with right
- 7&8 Left coaster step

JAZZ BOX ¼ TURN, ROCK FORWARD, ROCK BACK

- 1-4 Jazz ¼ turn to right
- 5&6 Right rock forward, recover
- 7&8 Right rock back, recover

MONTEREY, STEP, STEP, KICK-BALL-CHANGE

- 1-4 Monterey to right
- 5 Step right forward
- 6 Step left forward
- 7&8 Kick, ball, change

CHORUS (COUNTS 33-64)

STEP & CROSS, STEP & CROSS, STOMP & BUMP, STOMP & BUMP

- 1&2 Right step & cross (stomp)
3&4 Left step & cross (stomp)
5&6 Right stomp in front of left and bump hips forward twice
7&8 Left stomp in front of right and bump hips forward twice

SAILOR, SAILOR, STEP & TURN, FORWARD COASTER

- 1&2 Right sailor
3&4 Left sailor
5&6 Step right forward, pivot ½ turn to left
7&8 Step right forward, back, together

STEP & CROSS, STEP & CROSS, STOMP & BUMP, STOMP & BUMP

- 1&2 Left step & cross (stomp)
3&4 Right step & cross (stomp)
5-6 Left stomp in front of right and bump hips forward twice
7-8 Right stomp in front of left and bump hips forward twice

SAILOR, SAILOR, STEP & TURN, FORWARD COASTER

- 1&2 Left sailor
3&4 Right sailor
5&6 Step left forward, pivot ½ turn to right
7&8 Step left forward, back, together

REPEAT

TAG

There is a 4 count break at the end of the first chorus, with a right rock forward and recover, and a right rock back and recover, then the dance starts at the beginning again.