

# Shania Karaoke

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Rey Kleinsasser (USA) - August 2007

Musik: Before He Cheats - Carrie Underwood : (CD: Some Hearts)



In this dance, the music will be treated as 148 bpm

## HIP BUMPS

1-4 Step left slightly to side and bump hips left, right, left, hold  
5-8 Bump hips right, left, right, hold

## BASIC NIGHT CLUB

1-4 Rock left back, recover to right, step left to side, hold  
5-8 Rock right back, recover to left, step right to side, hold

## BACK, FORWARD, ¼, HOLD, ½ PIVOT, ¼, STEP

1-4 Rock left back, recover to right, turn ¼ left and step left forward, hold  
5-8 Step right forward, turn ½ left (weight to left), turn ¼ left and rock right to side, recover to left  
(12:00)

## TWINKLE RIGHT, TWINKLE LEFT, WALK, WALK

1-3 Cross right over left, rock left to side, recover to right  
4-6 Cross left over right, step right to side, step left in place  
7-8 Step right forward, step left forward

## MAMBO FORWARD, MAMBO BACK

1-4 Rock right forward, recover to left, step right together, hold  
5-8 Rock left back, recover to right, step left together, hold

## SWAY, HOLD, SWAY, HOLD, SWAY, ¼, STEP, HOLD

1-4 Rock right to side, hold, recover to left, hold  
5-8 Rock right to side, turn ¼ left and step left forward, step right together, hold

## SIDE, HOLD-&-SIDE, HOLD-&-SHIMMY

1-2&3-4& Step left to side, hold, step right together, step left to side, hold, step right together  
5 Step left to side  
6-8 Hold

*On counts &6&7&8&, push shoulders down left, right, left, right, left, right, left, right*

## HEEL, STEP, HEEL, STEP, COASTER, HOLD

1-4 Touch right heel forward, step right together, touch left heel forward, step left together  
5-8 Step right back, step left together, step right forward, hold

## REPEAT

**TAG: At end of wall 2 (facing 6:00)**

## KICK BALL CHANGE TWICE

1-4 Kick left forward, step left together, step right in place, hold  
5-8 Repeat 1-4

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