

# Before He Cheats

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Cyndi Egbert (USA)

Musique: Before He Cheats - 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.

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