

# Before He Cheats

拍数: 32      墙数: 4      级数: Improver  
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音乐: Before He Cheats - 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

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