

Before He Cheats

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Dawn Rathbun (USA)
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
