

Before They Cheat

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Before He Cheats - Carrie Underwood



COASTER CROSS, ROCK & CROSS, BALL-CROSS, UNWIND $\frac{3}{4}$ TURN RIGHT, KICK-OUT-OUT

1&2 Step back on right, close left beside right, cross right over left
3&4 Rock left to left side, recover onto right, cross left over right
& Step right to right side
5-6 Cross left over right, unwind a three- $\frac{1}{4}$ turn right
7&8 Kick right forward, step right to right side, step left to left side

SUGARFOOT STEPS TWICE, LOCK STEP BACK, COASTER STEP

9&10 Touch right toe to left instep, touch right heel to left instep, stomp right forward
11&12 Touch left toe to left instep, touch left heel to left instep, stomp left forward
13&14 Step back on right, lock left in front of right, step back on right
15&16 Step back on left, close right beside left, step forward on left

HIP BUMPS COMPLETING FULL TURN LEFT

17&18 Making a $\frac{1}{4}$ turn left step right to right side bumping hips right, bump hips left, bump hips right
19&20 Making a $\frac{1}{4}$ turn left step left to left side bumping hips left, bump hips right, bump hips left
21&22 Making a $\frac{1}{4}$ turn left step right to right side bumping hips right, bump hips left, bump hips right
23&24 Making a $\frac{1}{4}$ turn left step left to left side bumping hips left, bump hips right, bump hips left

CROSS ROCK, SIDE STEP, BACK ROCK, $\frac{1}{2}$ TURN RIGHT, BACK ROCK, $\frac{1}{2}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT, SIDE STEP. CROSS, SIDE STEP

25&26 Cross rock right over left, recover weight onto left, make a big step to right stepping right to right side
27&28 Rock back on left, recover weight onto right, make a $\frac{1}{2}$ turn right stepping back on left
29&30 Rock back on right, recover weight onto left, make a $\frac{1}{2}$ turn left stepping back on right
31&32 Make a $\frac{1}{4}$ turn left stepping left to left side, cross right over left, step left to left side

REPEAT

TAG

To be applied at the end of wall 2, facing 12:00

1-2 Cross right over left, unwind full turn left (weight ending on right)
3-4 Step left big step to left side, drug right up to left (no weight)

Begin again