

# Before He Cheats

拍數: 64      牆數: 4      級數: Country  
編舞者: Sobrielo Philip Gene (SG) - July 2015  
音樂: Before He Cheats - Carrie Underwood : (Album: Some Hearts)



Intro: 32 counts @ 0.14

## S1: STOMP HOLD, LOCK STEP (Right/Left)

1-2            Stomp forward on right (1), hold (2)  
3-4            Lock left behind right (3), step right forward (4)  
5-6            Stomp forward on left (5), hold (6)  
7-8            Lock right behind left (7), step left forward (8) (12:00)

## S2: ROCKING CHAIR, PIVOT 1/2 TURN, STEP TOGETHER

1-2            Rock forward on right (1), recover weight onto left (2)  
3-4            Rock back on right (3), recover weight on left (4)  
5-6            Step forward on right (5), pivot 1/2 turn left (6) (Weight on left)  
7-8            Step forward on Right (7), step left beside right (8) (6:00)

## S3: SIDE HOLD, ROCK BACK (Right/Left)

1-2            Step right to right (1), hold (2)  
3-4            Rock left behind right (3), recover weight onto right (4)  
5-6            Step left to left (5), hold (6)  
7-8            Rock right behind left (7), recover weight onto left (8) (6:00)

## S4: SYNCOPATED LOCK STEP FORWARD, STEP TOGETHER

1-3            Step forward right (1), lock left behind right (2), step right forward (3)  
4-6            Step forward left (4), lock right behind left (5), step left forward (6)  
7-8            Step forward on Right (7), step left beside right (8) (6:00)

## S5: SIDE ROCK CROSS HOLD (Right/Left)

1-2            Rock right to right (1), recover weight onto left (2)  
3-4            Cross right over left (3), hold (4)  
5-6            Rock left to left (5), recover weight onto right (6)  
7-8            Cross left over right (7), hold (8) (6:00)

## S6: MONTEREY ¼, × 2

1-2            Point Right to Right (1), Making ¼ right step right beside left (2)  
3-4            Point left to left (3), step left beside right (4) (9:00)  
5-6            Point Right to Right (5), Making ¼ right step right beside left (6)  
7-8            Point left to left (7), step left beside right (8) (12:00)

## S7: KICK KICK, STEP TOUCH, STEP KICK, STEP TOUCH

1-2            Kick Right Forward twice (1-2)  
3-4            Step right back (3), touch left beside right (4)  
5-6            Step Left forward (5), Kick right forward (6)  
7-8            Step right back (7), touch left beside right (8) (12:00)

## S8: LOCK FORWARD, SCUFF, ¼ LOCK FORWARD, STOMP

1-2            Step left forward (1), lock right behind left (2)  
3-4            Step left forward (3), scuff right beside left (4)  
5-6            Making ¼ right step right forward (5), lock left behind right (6) (3:00)

7-8 Step right forward (7), stomp left beside right

**Tag: After wall 2 add this 8 counts (6:00)**

**RIGHT MAMBO, LEFT COASTER STEP**

1-4 Rock right forward (1), recover weight onto left (2) step right beside left (3), hold(4)

5-8 Step left back (5), step right beside left (6), step left forward (7), hold (8)

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