

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)

Contact ~ E-mail: sphilipg@hotmail.com
