

Before He Cheats

拍數: 32 牆數: 1 級數: Improver
編舞者: Sean Miller
音樂: Before He Cheats - Carrie Underwood



HEEL DIGS AND POINTS

1&2& Right heel dig, close right to left, left heel dig, close left to right
3&4& ¼ turn right heel dig, close right to left, point left toes to side, close left to right
5-6& Point right toes to side, hold for one beat, close right to left
7&8& Point left toes to side, close left to right, point right toes to side, snap fingers pointing them to side

STEP, LOCK, LOCK STEP, STEP, LOCK, LOCK STEP

1-2 Step forward right, lock left behind right
3&4 Right lock step forward
5-6 Step forward left, lock right behind left
7&8 Left lock step forward

ROCK, HALF SHUFFLE, ROCK, HALF SHUFFLE

1-2 Rock forward right, recover on left
3&4 Half turn shuffle over right shoulder
5-6 Rock forward left, recover on right
7&8 Half turn shuffle over left shoulder

ROCKING TURN, WEAVE, ROCK, WEAVE

1-2 Rock out to side on right making ¼ turn left, recover on left
3&4 Step right behind, step left to side, step right across
5-6 Rock left to side, recover on right
7&8 Step left behind, step right to side, step left across

REPEAT

TAG

After wall 2

MAKING 1 FULL TURN WITH FOUR PADDLE TURNS:

1& Rock forward right making ¼ turn left, recover on left
2& Rock forward right making ¼ turn left, recover on left
3& Rock forward right making ¼ turn left, recover on left
4& Rock forward right making ¼ turn left, recover on left