

Before He Cheats

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Helen Peers (UK) & Cathy Hodgson (UK)
音樂: Before He Cheats - Carrie Underwood



LEFT SIDE, RIGHT SIDE, CROSS ¼ BACK, BACK RECOVER, LEFT SHUFFLE

1-2 Step left to left side, step right to right side
3&4 Cross left over right, step back on right making ¼ turn, step back left
5&6 Rock back on right, recover onto left, step forward right
7&8 Step forward left, slide right next to left, step forward on left

SIDE ROCK CROSS, GRAPEVINE ¼, TRIPLE FULL TURN, REVERSE FULL TURN

1&2 Rock right foot to right side, recover onto left, cross right over left
3&4 Step left to left side, step right behind left, step forward left with ¼ turn
5&6 Turn forward over right shoulder, full turn, right, left, right
7&8 Turn back over right shoulder, full turn, left, right, left

Option: in place of triple turns, right shuffle forward, left shuffle back

BACK ROCK, STEP BACK, ¼ SAILOR, SKATES, TOUCH BALL STEP

1&2 Rock back on right, recover onto left, step back on right
3&4 Sweep left foot around behind right turning ¼ turn left, step left behind right, step right to right side, step left to left side
5-6 Angle body right diagonal and skate forward on right, angle body left diagonal and skate forward on left
7&8 Touch right toe to left instep, replace weight onto right foot, step forward left

STEP PIVOT STEP, SIDE ROCK STEP, STEP PIVOT STEP, SIDE ROCK TOUCH

1&2 Step forward on right, pivot ½ turn over left shoulder (weight on left), step forward right
3&4 Rock left to left side, recover onto right, step forward left
5&6 Step forward on right, pivot ½ turn over left shoulder (weight on left), step forward right
7&8 Rock left to left side, recover onto right, touch left to right instep

REPEAT

TAG

At the end of wall 2 only

GRAPEVINES WITH TOUCHES TWICE

1& Step left to left side, step right behind left
2& Step left to left side, touch right next to left
3& Step right to right side, step left behind right
4& Step right to right side, touch left next to right