

# Before He Cheats

拍數: 64      牆數: 4      級數: Improver  
編舞者: Cyndi Egbert (USA)  
音樂: Before He Cheats - Carrie Underwood



## TOE, HEEL, STOMP; TOE, HEEL, STOMP; BACK, TOGETHER; COASTER

1&2      Right toe, heel, stomp  
3&4      Left toe, heel, stomp  
5      Step back with right  
6      Step together with left  
7&8      Right coaster step

## TOE, HEEL, STOMP; TOE, HEEL, STOMP; BACK, TOGETHER; COASTER

1&2      Left toe, heel, stomp  
3&4      Right toe, heel, stomp  
5      Step back with left  
6      Step together with right  
7&8      Left coaster step

## JAZZ BOX ¼ TURN, ROCK FORWARD, ROCK BACK

1-4      Jazz ¼ turn to right  
5&6      Right rock forward, recover  
7&8      Right rock back, recover

## MONTEREY, STEP, STEP, KICK-BALL-CHANGE

1-4      Monterey to right  
5      Step right forward  
6      Step left forward  
7&8      Kick, ball, change

## CHORUS (COUNTS 33-64)

### STEP & CROSS, STEP & CROSS, STOMP & BUMP, STOMP & BUMP

1&2      Right step & cross (stomp)  
3&4      Left step & cross (stomp)  
5&6      Right stomp in front of left and bump hips forward twice  
7&8      Left stomp in front of right and bump hips forward twice

### SAILOR, SAILOR, STEP & TURN, FORWARD COASTER

1&2      Right sailor  
3&4      Left sailor  
5&6      Step right forward, pivot ½ turn to left  
7&8      Step right forward, back, together

### STEP & CROSS, STEP & CROSS, STOMP & BUMP, STOMP & BUMP

1&2      Left step & cross (stomp)  
3&4      Right step & cross (stomp)  
5-6      Left stomp in front of right and bump hips forward twice  
7-8      Right stomp in front of left and bump hips forward twice

### SAILOR, SAILOR, STEP & TURN, FORWARD COASTER

1&2      Left sailor

3&4            Right sailor  
5&6            Step left forward, pivot ½ turn to right  
7&8            Step left forward, back, together

**REPEAT**

**TAG**

There is a 4 count break at the end of the first chorus, with a right rock forward and recover, and a right rock back and recover, then the dance starts at the beginning again.

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