

Before He Cheats

4 wall line dance:- 32 counts, intermediate
choreographed by:- "H" & Mad Cat (UK) November 2006
choreographed to:- before he cheats by Carrie Underwood on Some Hearts album

Section 1

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

Section 2

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

Section 3

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

Section 4

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

Tag - at the end of wall 2 only

Grapevines with touches x 2

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

Happy dancing, ciao for now!!!

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