

Before He Cheats

32 count, 4 wall, intermediate level

Choreographer: "H" and Mad Cat (Helen Peers and Cathy Hodgson) (England) Nov 2006

Choreographed to: Before He Cheats by Carrie Underwood, Some Hearts album

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, side 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

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
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