

Before He Cheats

32 count, 1 wall, beginner/intermediate level

Choreographer: Sean Miller (Dec 2006)

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

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

Tag: There is one tag in the dancing the dance two times through:

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