

## Before He Cheats

64 Count, 4 Wall, Improver

Choreographer: Philip Gene Sobrielo (SG) July 2015

Choreographed to: Before He Cheats by Carrie Underwood.

Album: Some Hearts

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### Intro: 32 counts @ 0.14

#### **S1: STOMP HOLD, LOCK STEP (Right/Left)**

1-2 Stomp forward on right (1), hold (2)  
3-4 Lock left behind right (3), step right forward (4)  
5-6 Stomp forward on left (5), hold (6)  
7-8 Lock right behind left (7), step left forward (8) (12:00)

#### **S2: ROCKING CHAIR, PIVOT 1/2 TURN, STEP TOGETHER**

1-2 Rock forward on right (1), recover weight onto left (2)  
3-4 Rock back on right (3), recover weight on left (4)  
5-6 Step forward on right (5), pivot 1/2 turn left (6) (Weight on left)  
7-8 Step forward on Right (7), step left beside right (8) (6:00)

#### **S3: SIDE HOLD, ROCK BACK (Right/Left)**

1-2 Step right to right (1), hold (2)  
3-4 Rock left behind right (3), recover weight onto right (4)  
5-6 Step left to left (5), hold (6)  
7-8 Rock right behind left (7), recover weight onto left (8) (6:00)

#### **S4: SYNCOPATED LOCK STEP FORWARD, STEP TOGETHER**

1-3 Step forward right (1), lock left behind right (2), step right forward (3)  
4-6 Step forward left (4), lock right behind left (5), step left forward (6)  
7-8 Step forward on Right (7), step left beside right (8) (6:00)

#### **S5: SIDE ROCK CROSS HOLD (Right/Left)**

1-2 Rock right to right (1), recover weight onto left (2)  
3-4 Cross right over left (3), hold (4)  
5-6 Rock left to left (5), recover weight onto right (6)  
7-8 Cross left over right (7), hold (8) (6:00)

#### **S6: MONTEREY ¼, x 2**

1-2 Point Right to Right (1), Making ¼ right step right beside left (2)  
3-4 Point left to left (3), step left beside right (4) (9:00)  
5-6 Point Right to Right (5), Making ¼ right step right beside left (6)  
7-8 Point left to left (7), step left beside right (8) (12:00)

#### **S7: KICK KICK, STEP TOUCH, STEP KICK, STEP TOUCH**

1-2 Kick Right Forward twice (1-2)  
3-4 Step right back (3), touch left beside right (4)  
5-6 Step Left forward (5), Kick right forward (6)  
7-8 Step right back (7), touch left beside right (8) (12:00)

#### **S8: LOCK FORWARD, SCUFF, ¼ LOCK FORWARD, STOMP**

1-2 Step left forward (1), lock right behind left (2)  
3-4 Step left forward (3), scuff right beside left (4)  
5-6 Making ¼ right step right forward (5), lock left behind right (6) (3:00)  
7-8 Step right forward (7), stomp left beside right

### Tag: After wall 2 add this 8 counts (6:00)

#### **RIGHT MAMBO, LEFT COASTER STEP**

1-4 Rock right forward (1), recover weight onto left (2) step right beside left (3), hold(4)  
5-8 Step left back (5), step right beside left (6), step left forward (7), hold (8)

