

Before He Cheats

Count: 32 Wall: 2 Level: Beginner

Choreographer: Laura Rittenhouse (AUS) – August 2022

Music: Before He Cheats by Carrie Underwood

Start after 16 beats

S1: SIDE DRAG R, DOUBLE SIDESTEP FWD DIAG L, SIDE DRAG R, DOUBLE SIDESTEP BACK DIAG L

1,2,3&4 Step R to R, Drag L beside R, Step L fwd at L diagonal, Step R beside L, Step L fwd at L diagonal

5,6,7&8 Step R to R, Drag L beside R, Step L back at L diagonal, Step R beside L, Step L back at L diagonal

S2: LOCK FWD ON R, L MAMBO FWD; LOCK BACK ON R, L MAMBO BACK

1&2,3&4 Step R fwd, Lock L behind R, Step R fwd, Rock fwd on L, Recover on R, Step L beside R

5&6,7&8 Step R back, Lock L in front of R, Step R back, Rock back on L, Recover on R, Step L beside R

S3: DOUBLE TIME WEAVE L, SWAY, DOUBLE TIME WEAVE R, SWAY

1&2,3,4 Cross R over L, Step L beside R, Cross R behind L, Step L beside R swaying L, Sway R

5&6,7,8 Cross L over R, Step R beside L, Cross L behind R, Step R beside L swaying R, Sway L

S4: ROCKING ½ TURN, ROCKING CHAIR

1&2,3&4 Rock on R to L fwd diagonal (10:30), Recover L, Rock on R to L diagonal (9:00), Rock on L to L fwd diagonal (7:30) Recover R, Rock on L at L diagonal (6:00)

5,6,7,8 Rock R fwd, Recover L, Rock R back, Recover L

Tag, 4 counts, Rocking Chair, After Wall 2, Facing 12:00

1,2,3,4 Rock R fwd, Recover L, Rock R back, Recover L

Choreographer's note: Arm gestures during the chorus make the dance a bit more fun. These will always be done when facing 6:00.

In S1, counts 1,2: drag the thumb of your L hand across torso showing how you “dug my key” (into the side of his pretty little souped-up 4WD).

In S2, count 1&2: mime how you “carved my name” (into his leather seats).

In S3, counts 1&2: swing an imaginary bat showing how you “took a Louisville slugger”.

In S3, counts 3,4 Push palms fwd L then right as Carrie sings “to both headlights”.

In S3, counts 5&6: swing your hands in front of you as if holding knives when you “slashed a hole” (in all 4 tires).

In S4, counts 1&2: raise your arms in question “maybe next time”.

In S4, counts 3&4: tap your temple with your right index finger “he’ll think” (before he cheats).