

Hey Soul Sister

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Ruben Luna (USA) & Bracken Heidenreich (USA) - March 2010

Music: Hey, Soul Sister - Train

16 count intro (Start on "lip")

1 ¼ Turn R, ¼ Turn R rock Recover Cross, ¼ Turn Left Step Back R, L, Coaster Cross

- 1-3 1/4 turn to right stepping right forward (3:00), 1/2 turn right stepping left foot back (9:00), 1/2 turn right stepping right foot forward (3:00),
4&5 Rock left forward ¼ turn right, recover on right, cross left over right
6,7 ¼ turn left stepping right foot back (3:00), step left back
8&1 Step right back, step left next to right, cross right over left

Rock Recover, 3/8 Turn R Syncopated Box, Botafogo x 2

- 2,3 Rock left to left side, recover onto right
4&5 Cross left over right, ¼ turn left (12:00) step right back, 1/8 turn left (11:00) step left forward
6&7 Cross right over left, rock left to left side, recover onto right
8&1 Cross left over right, rock right back, 1/8 turn left (9:00), step left forward

Walk Right Forward, Chase Turn R, Full Turn L, Rock & Coaster Step

- 2-3&4 Step right forward, step left forward, ½ turn right (3:00) step right forward, step left forward
5-6 ½ turn left (9:00) stepping right back, ½ turn left (3:00) stepping left forward
7& Rock right forward, recover onto left
8&1 Step right back, step left next to right, step right forward

Paddle Turn ¼ R x 2, Cross, Point R, & Point L, Heel Jack R

- &2&3 & hitch left knee and make ¼ turn right, (6:00) point left to left side, & hitch left knee and make ¼ turn right, (9:00) point left to left side.
4 Cross left in front of right
5&6 Point right to right side, & step right next to left, point left to left side
&7&8& & Step left next to right, cross right in front of left, step left to left side, tap right heel to side

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