



Approved by:



Hey Soul Sister

4 WALL – 32 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	1 & 1/4 Turn, Rock 1/4 Turn Cross, 1/4 Turn, Step, Coaster Cross		
1	Turn 1/4 right stepping right forward. (3:00)	Turn	Turning right
2 – 3	Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. (3:00)	Full Turn	
4 & 5	Rock forward on left turning 1/4 right. Recover onto right. Cross left over right.	Rock Turn Cross	
6 – 7	Turn 1/4 left stepping right back. Step left back. (3:00)	Turn Back	Turning left
8 & 1	Step right back. Step left beside right. Cross right over left.	Coaster Cross	On the spot
Section 2	Side Rock, 3/8 Turn Syncopated Box, Botafogo x 2		
2 – 3	Rock left to left side. Recover onto right.	Side Rock	On the spot
4 & 5	Cross left over right. Turn 1/4 left and step right back. Turn 1/8 left and step left forward.	Cross Turn Turn	Turning left
6 & 7	Cross right over left. Rock left to left side. Recover onto right. (11:00)	Cross Side Rock	Left
8 & 1	Cross left over right. Rock right back. Turn 1/8 left and step left forward. (9:00)	Cross Back Turn	Turning left
Section 3	Step, Step 1/2 Turn Step, Full Turn, Forward Rock, Coaster Step		
2	Step right forward.	Step	Forward
3 & 4	Step left forward. Turn 1/2 right and step right forward. Step left forward. (3:00)	Step Turn Step	Turning right
5 – 6	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. (3:00)	Full Turn	Turning left
7 &	Rock forward on right. Recover onto left.	Forward Rock	On the spot
8 & 1	Step right back. Step left beside right. Step right forward.	Coaster Step	
Section 4	Paddle 1/4 Turn x 2, Cross, Point & Point, Heel Jack		
& 2	Hitch left knee and make 1/4 turn right on right. Point left to left side. (6:00)	Paddle Turn	Turning right
& 3	Hitch left knee and make 1/4 turn right on right. Point left to left side. (9:00)	Paddle Turn	
4	Cross left over right.	Cross	Right
5 & 6	Point right to right side. Step right beside left. Point left to left side.	Point & Point	On the spot
& 7 & 8	Step left beside right. Cross right over left. Step left to left side. Tap right heel to side.	& Cross & Heel	Left

Choreographed by: Ruben Luna & Bracken Ellis Potter (US) January 2010

Choreographed to: 'Hey, Soul Sister' by Train from CD Single; also available as download from amazon.co.uk or iTunes (16 count intro)



A video clip of this dance is available at www.linedancermagazine.com