

Hey Soul Sister

32 Count, 4 Wall, Intermediate

Choreographer: Larry Schmidt (USA) Mar 10

Choreographed to: Hey Soul Sister by Train,

CD: Single

Start on vocals

Long Step Right, Hold, Rock, Recover, Sway Left, Sway Right, Shuffle Left

- 1-2 Take long step right with right, hold (or drag left toward right)
3-4 Rock to left behind, right, recover to right
5-6 Sway left to left, sway right to right
7&8 Chassé side left, right, left

Cross Rock, Recover, ¼ Left Back, Back, Back, ¼ Side Sway, Recover Behind-Side-Cross

- 1-2 Rock right forward across left, recover to left
3&4 Turn ¼ left and step right back, step left back, step right back
5-6 Turn ¼ left swaying left to left, recover to right
7&8 Cross left behind right, step right to side, cross left over right

RESTART here DURING the 4th repetition

Side, Touch, ¼ Turn, ½ Turn, ¼ Turn Shuffling Left, Sailor Step

- 1-2 Step right to side, touch left together
3-4 Turn ¼ left and step left forward, turn ½ left and step right back
5&6 Turn ¼ left and step to side to left, step right together, step left to side
7&8 Right sailor step

Together, Side, Cross, ¼ Back, Side. Sailor Step, Behind-Side-Cross

- &1-2 Step left together, step right to side, cross left over right
3-4 Turn ¼ left and step right back, step left to side
5&6 Right sailor step
7&8 Cross left behind right, step right to side, cross left over right.

To add a little extra fun each time the dance restarts add a small hop on the left, hitching the right knee and then doing the long step right on count #1. The count at the end/beginning of the dance would be: 7&8 &1 hold 2

RESTART: DURING the 4th repetition restart after 16 counts