



Hey Mrs Sledge

32 Count 4 Wall High Beginner Level Dance.
Choreographed by: Daniel Exton (UK) Apr 2024
Choreographed to: Hey Soul Sister by Train
Intro: 16 Counts. Start at approx 11 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SIDE, TOUCH, CHASSE, SAILOR ¼, HEEL, TOE

- 1-2 Right to Right side, Touch Left next to Right
- 3&4 Left to Left side, Right next to Left, Left to Left side
- 5&6 Right behind Left with ¼ turn Right, Left to Left side, Right to Right side
- 7-8 Left heel forward, Left toe back

SEC 2 SHUFFLE X2, MONTEREY ½

- 1&2 Left foot forward, Right next to Left, Left foot forward
- 3&4 Right foot forward, Left next to Right, Left foot forward
- 5-6 Touch Left to Left side, Return Left next to Right with ½ turn Left (6:00)
- 7-8 Touch Right to Right side, Return Right next to Left

Restart Here on Wall 4

SEC 3 SYNCOPATED ROCKING CHAIR, TOE STRUT, SYNCOPATED ROCKING CHAIR, TOE STRUT

- 1&2& Rock forward on Right, Recover on Left, Rock back on Right, Recover on Left
- 3-4 Right toes forward, Step Right foot down
- 5&6& Rock forward on Left, Recover on Right, Rock back on Left, Recover on Right
- 7-8 Left toes forward, Left foot down

SEC 4 JAZZBOX, SIDE, TOUCH, SIDE, TOUCH, KICK BALL CHANGE

- 1-2 Cross Right over Left, Left foot back
- 3-4 Right to Right side, Left foot next to Right
- 5&6& Right to Right side, Left next to Right, Left to Left side, Right next to Left
- 7&8 Kick Right out, Right next to Left, Left next to Right

