

# HEY! SOUL SISTER

Count: 32. Wall: 4. Level: Beginner/Intermediate

Choreographer: Colleen Archer

Music: Hey Soul Sister by Train [CD: CD Single]

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**INTRO: approx 16 counts. Start facing back wall on the word "lipstick"**

## **CROSS SAMBA, CROSS SAMBA 1/2 LEFT, QUICK ROCKING CHAIR, SHUFFLE**

1&2 Cross R over L, Step L to left, Step R beside L

3&4 Cross L over R, Turn ¼ left step R back, Turn ¼ left step L to left

5&6& Rock R forward, Recover onto L, Rock R back, Recover onto L

7&8 Step R forward, Step L beside R, Step R forward

## **ROCK FORWARD, RECOVER, WEAVE RIGHT, ROCK BACK, RECOVER, SIDE, ROCK BACK, RECOVER**

1,2 Rock L forward, Recover onto R

3&4& Step L behind R, Step R to right, Cross L over R, Step R to right

5,6 Rock L back behind R, Recover onto R

&7,8 Step L to left, Cross/rock R behind L, Recover onto L

**RESTART: Wall 4**

**FINISH: see below**

## **STEP, PIVOT 1/2, 1/2 RUMBA, LOCK SHUFFLE, ROCK FORWARD, RECOVER**

1,2 Step R forward, Pivot ½ left

3&4 Step R to right, Step L beside R, Step R forward

5&6 Step L forward, Lock R behind L, Step L forward

7-8 Rock R forward, Recover onto L

## **TRIPLE FULL TURN RIGHT, ROCK FORWARD, RECOVER, SAILOR 1/4, BACK, HEEL FORWARD, TOGETHER**

1&2 Turn ½ right step R forward, Turn ½ right Step L beside R, Step R beside L

3,4 Rock L forward, Recover onto R

5&6 Turn ¼ left step L behind R, Step R to right, Step L beside R

&7,8 Step R back, Touch L heel 45° forward, Step L beside R

**32 REPEAT**

**RESTART: Wall 4 - dance first 16 counts then begin again facing 3:00**

**FINISH: Dance to count 16**

**1&2 Step R forward, Pivot ¼ left, Stomp R forward**