

IAGLCWDC Line Dance Competitions 2004-2006, 2014-2015
Step Sheet for
Hey Soul Sister

*Choreographed by Ruben Luna, CA rslluna2@aol.com &
Bracken Ellis Potter, CA Bracken@MoveInLine.com, www.MoveInLine.com*

Description: 32 Count, 4 Wall Line Dance

IAGLCWDC Division: Advanced

IAGLCWDC Music Selection: "Hey, Soul Sister", sung by Train, 97 BPM, CD: Line Dance Fever 14

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 ¼ turn to right stepping right forward (3:00), ½ 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