

# Hey Soul Sister (□□□□ )

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Beginner/Intermediate

**Choreographer:** Larry Schmidt

**Music:** "Hey Soul Sister" -Train

□□□ **Start on**

**vocals** □□□□

□□□

**Long Step Right, Hold,**

**Rock, Revoer, Sway L, Sway R, Shuffle Left**

□□□ , □ , □□□ □□ , □□ , □□ , □□□

**1, 2**

**Take long step right with right foot, Hold (or drag**

**left toward right)**

□□□□□□ , □ (□□□□ )

**3, 4**

**Rock onto left foot**

**behind, right, Recover weight to right foot.**

□□□□□□□□ , □□□□

**5, 6**

**Sway left onto left foot,**

**Sway right onto right foot.**

□□□□□□□□ , □□□□□□□□

**7&8**

**Step left foot left, Step right next to left, Step left**

**foot left.**

□□□□ , □□□□ , □□□□

□□□

**Cross Rock, Recover, 1/4**

**Left Back, Back, Back, 1/4 Side Sway, Recover, Behind-Side-Cross**

□□□□

□□ , 1/4□ □ □ , 1/4□□ □□ , □ □ □

**1, 2**

**Rock right forward across left, Recover weight to left**

**foot.**

□□□□□□□□□□ , □□□□

**3&4**

**Turn 1/4 left stepping**

**back on right, step left foot back,**

**step right foot back. □□ 90□□□□□□ , □□□□ , □□□□**

**5, 6**

**Turn 1/4 left swaying left**

**onto left foot, Recover weight onto right foot.**

□□ 90□□□□□□□□□□ , □□□□

**7&8**

**Step left foot behind right, Step right foot right,**

**Step left foot across right.** □□□□□□ , □□□□ , □□□□□□□□

**( Restart here during the 4th**

**repetition )** □□□□□□ , □□□□

□□□

**Side, Touch, 1/4 Turn, 1/2**

**Turn, 1/4 Turn Shuffling Left, Sailor Step.**

□ , □ , 1/4, 1/2, 1/4□□□□ , □□□

**1, 2**

**Step right foot right, Touch left toe next to right**

**foot.**

□□□□ , □□□□

**3, 4**

**Turn 1/4 left stepping forward on left, Turn 1/2 left**

**stepping back on right.**

□□ 90□□□□□□ , □□ 180□□□□□□

**5&6**

**Turn 1/4 left stepping to**

**side onto left, Step right next to left, Step left foot left.** □□ 90□□□□□□ , □□□□ , □□□□

**7&8**

**Step right foot behind**

**left, Step left foot left, Step right foot right.**

□□□□□□□□ , □□□□ , □□□□

□□

**Together, Side, Cross,  $\frac{1}{4}$**

**Back, Side. Sailor Step, Behind-Side-Cross**

□, □, □□,  $\frac{1}{4}$ □, □, □□□, □ □ □

**&1, 2**

**Step left next to right, Step right foot right, Step**

**left across right.**

□□□□, □□□□, □□□□□□□□

**3, 4**

**Turn  $\frac{1}{4}$  left stepping**

**back on right foot, Step left foot to left side.**

□□ 90□□□□□□, □□□□

**5&6**

**Step right behind left, Step left foot left, Step right**

**foot right,**

□□□□□□□□, □□□□, □□□□

**7&8**

**Step left behind right, Step right foot right, Step**

**left foot across right. □□□□□□□□, □□□□, □□□□□□□□**

**REPEAT & ENJOY**

**( To add a little extra fun each time the dance restarts add a small**

**hop on the left foot, hitching the right knee and then doing the long step**

right on count #1. So the count at the end/beginning of the dance would

be: 7&8 &1 hold 2)

□□□□□□□□ , □□□ &

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=10287](https://www.linedance.com/index.php?f=dance_view&id=10287)