

# HEY SISTA

LINEDANCE.COM

**Count:** 48

**Wall:** 2

**Level:** intermediate

**Choreographer:** Linda Jensen

**Music:** Hey Sista by Texas Rose

- 1-2** Step right to side, step left behind right
- &3** Step right to beside left, touch left heel to 45
- &4** Step left beside right, tap right beside left
- 5-6** Step right forward, step left forward
- &7-8** Step right beside left, rock left forward, step right back 12:00
- 
- 1-2** Turn  $\frac{1}{2}$  left and step left forward, turn  $\frac{1}{2}$  left and step back on right
- 3&4** Turn  $\frac{1}{2}$  left and shuffle forward stepping left, right, left
- 5-6** Step cross right over left, step left back
- 7-8** Turn  $\frac{1}{4}$  right and step right to side, touch left beside right 9:00
- 
- 1-2** Step left forward twisting heel to center, step right forward twisting heel to center
- 3-4** Step left forward twisting heel to center, turn  $\frac{1}{4}$  right and step right slightly forward
- &5** Step left back to 45, touch right heel forward to 45
- &6** Step right beside left, step left beside right
- &7** Step right back to 45, touch left heel forward to 45
- &8** Step left beside right, touch right beside left 12:00
- 
- 1-2** Full turn right moving right stepping right, left
- 3-4** Step right to right side, touch left beside right
- 5-6** Rock back on left, rock forward onto right (count 30)
- 7&8** Left kick ball change (kick left forward, step left beside right, step right beside left)12:00

**1-2** Step left forward to 45, lock step right behind left heel  
**&3-4** Step left to side, step right to right side, replace weight onto left  
**5&6** Step cross right behind left, step left to side, step cross right over left  
**7-8** Rock left to left side, replace weight onto right 12:00

**1-2** Step left forward and across right, point right toe to right side  
**&3-4** Step right behind left, cross step left over right, point right toe to right side  
**5-6** Step right forward and across left, point left toe to left side  
**&7** Step left behind right, cross step right over left  
**8&** Step left to left side, turn  $\frac{1}{2}$  right 6:00

**REPEAT**

**TO END DANCE**

**Dance to count 30, cross left over right, unwind  $\frac{1}{2}$  right ending with weight on left**