

Soul Sister

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Laura Kampschroeder (12/2010)

Music: Hey, Soul Sister by Train - 97 bpm [CD: Train]

This dance is dedicated to Jo Thompson Szymanski, beloved dance instructor and choreographer, who is battling Aplastic Anemia

Begin after 16 counts.

[1-8] WALK, WALK, ROCK RIGHT, REPLACE CROSS, TURN ¼ RIGHT, TURN ¼ RIGHT, TRIPLE STEP

- 1-2-3&4** Step forward right, step forward left, right rock to side, replace weight to left, cross right over left
- 5-6-7&8** Turn ¼ right and step left back, turn ¼ right and step right forward, triple forward L,R,L (6:00)

[9-16] STEP RIGHT, ½ TURN LEFT, TRIPLE STEP, ROCK REPLACE STEP, SWEEP ¼ TURN RIGHT, COASTER STEP

- 1-2-3&4** Step forward right, ½ turn pivot left, triple step forward R,L,R
- 5&6&7&8** Rock forward left, replace weight on right, step left next to right, sweep right front to back turning ¼ right, step right back, together left, forward right (3:00)

[17-24] STEP LEFT, ½ TURN LEFT, COASTER STEP, STEP RIGHT, ½ TURN RIGHT, COASTER STEP

- 1-2-3&4** Step forward left, ½ turn left (weight to right), step back left, together right, forward left
- 5-6-7&8** Step forward right, ½ turn right (weight to left), step back right, together left, forward right (3:00)

[25-32] STEP LEFT, ½ TURN LEFT, TRIPLE STEP BACKWARD, BACK ROCK, STEP, FULL TURN

- 1-2-3&4** Step forward left, turn ½ left (weight to right), triple step backward (L,R,L)
- 5-6-7-8** Rock back on right, replace weight on left, turn ½ left and step right back, turn ½ left and step left forward (9:00)

REPEAT

RESTART: On the 4th wall, dance the first 16 counts adding an and (&) beat (shifting weight to left) to begin the restart on beat 17. Continue to end.

FINISH: When song ends, eliminate the $\frac{1}{4}$ R turn on the sweep, complete the coaster step, add a step forward left, and extend arms on “tonight.”

Enjoy!

Choreographer Contact Information:

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