

Hey Soul Sister

Choreographed by Tandy Barrett, Lawrenceville, GA
Easy Intermediate with optional turns: 2 wall line dance

Suggested song: "Hey Soul Sister" by Train

16 count intro from the 1st banjo note (hard to count* & ^ % \$ # !) – start dance on the word "lip"

Step Right into ¼ turn Right, Walk Left, Walk Right, Ball, Turn ¼ Turn Right, Cross, Touch, Cross, Touch

- 1,2,3 Step ¼ to right on R foot, Step L forward, Step Right forward,
&4 Step forward on ball of Left (&), Step ¼ right on Right,
5-8 Cross Left over Right, Point Right to right side, Cross Right over Left,
Point Left to left side.
(optional more difficult steps for 1-3: 1¼ turn right)

Walk Back Left, Right, Left Coaster Step Back, Step R, ½ Pivot turn Left, Right Kick Ball Change.

- 1,2 Walk back on Left, Walk back on Right
3&4 Left Coaster Step Back: Step back on Left, Step ball of Right next to Left (&),
Step forward on Left
5,6 Step R forward; Pivot ½ Left (weight to Left)
7&8 Right Kick-Ball-Change

Turn ¼, ½, Step Back, Touch Heel fwd, Turn ½, Turn ½, Triple Forward

- 1,2 Step Right foot into ¼ right, Turn ½ turn right stepping back on left
3,4 Step Right foot back, Touch Left heel fwd (slightly leaning back)
5,6 Walk forward Left, Walk forward Right,
7&8 Triple forward on L-R-L
(optional for steps 5,6: full turn left on the 2 walks)

R Sailor Step, Left Sailor Step with ¼ turn Left, Step/Lock/Steps to Diagonal Right & Left

- 1&2 R Sailor Step
3&4 L Sailor Step turning ¼ left
5&6 Step/Lock/Step to the Right Diagonal starting with right foot
7&8 Step/Lock/Step to the Left Diagonal starting with left foot.

Repeat from the beginning!

1 TAG: after 3 repetitions of the dance (you'll be facing back wall)

- 1&2&3&4: Full Paddle Turn to right:
5&6&7&8: Full Paddle Turn to left:
1-2: Step Right diagonal fwd, beginning ½ circular turn to right, Touch Left toe next
to Right with finger snap.
3-8: Continue these 2 counts, 3 more times alternating feet.

Ending: at the 11th Repetition of the dance starting at the back wall, do just the first 16 counts of the dance (ending facing the front wall with the Right Kick-Ball-Change), then Touch Right foot forward, and bring both arms up the sides and over your head.