



Hey Soul Sister

Choreographed by Bob Francis

Description: 32 count, 4 wall, low intermediate line dance

Music: **Hey Soul Sister** by Train [97 bpm]

Preview/purchase music

Start dancing on lyrics

STEP TOUCH BACK HOOK LEFT LOCK FORWARD RIGHT MAMBO FORWARD LEFT LOCK BACK

- 1&2& Step left forward, cross/touch right behind, step right back, hook left across right
3&4 Locking chassé forward left-right-left
5&6 Rock right forward, recover to left, step right together
7&8 Locking chassé back left-right-left

RIGHT SAILOR ½ TURN CROSS, LEFT SIDE TOGETHER FORWARD RIGHT SIDE TOGETHER BACK LEFT COASTER STEP

- 9&10 Cross right behind, turn ¼ right and step left to the side, turn ¼ right cross right over
11&12 Step left side, step right together, step left forward
13&14 Step right side, step left together, step right back
15&16 Step left back, step right together, step left forward

STEP RIGHT FORWARD PIVOT TURN ¼ LEFT CROSSING SHUFFLE LEFT, LEFT SIDE ROCK CROSSING SHUFFLE RIGHT

- 17-18 Step right forward, turn ¼ left and step left to the side
19&20 Crossing chassé right-left-right
21-22 Rock left side, recover to right
23&24 Crossing chassé left-right-left

RIGHT MAMBO FORWARD LEFT COASTER BACK PIVOT TURN ½ LEFT RIGHT SHUFFLE FORWARD

- 25&26 Rock right forward, recover to left, step right together
27&28 Step left back, step right together, step left forward
29-30 Step right forward, turn ½ left and step on to left
31&32 Chassé forward right-left-right

An alternative for counts 31&32 is a triple full turn left

REPEAT

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