

HEY, SOUL SISTER

Choreography: Jerry Jestin, 2109 Talamore Road, Pflugerville, Texas 78660 210-473-0310
Record: "Hey, Soul Sister" by Train jerry@jerryjestin.com
Phase: Cha Cha III + 2 (Alemana, Fan)
Footwork: Opposite, directions for man (woman as noted)
Timing: QQQ&Q, except where noted. Timing reflects actual weight changes.
Sequence: Intro, A, B, INTER, A mod, B, C, C, Cmod, B, Ending March 2012

- INTRO -

BFLY POSITION FACING WALL lead ft free WAIT 5 after "HEY HEY HEY";::;

- A -

1 - 4 SPOT TURN; HAND to HAND; SHOULDER to SHOULDER (twice) to a::

- 1 [SPOT TURN] Cross LIF turning ½ rf, rec R to FC, sd L/cl R, sd L;
2 [HAND to HAND] Swvl 1/4 on L step back R to LOP, rec L trng 1/4 to fc, sd R/cl L, sd R;
3-4 [SHOULDER to SHOULDER (twice) to a] Fwd L to SCAR, rec R to fc, sd L/cl R, sd L;
fwd R to BJO, rec L to fc, sd R/cl L, sd R leading W to M's rt sd; (W bk R to SCAR, rec L
to fc, sd R/cl L, sd R; bk L to BJO, rec R to fc, sd L/cl R, sd L moving to M's rt sd;)

5 - 8 LARIAT;; ALEMANA;;

- 5-6 [LARIAT] Stp in pl L, R, L/R, L; R, L, R/L, R; leading W around M with joined lead hands
to end facing (W circle M cw w/joined lead hands fwd F, fwd L, fwd R/lk L, fwd R; fwd L,
fwd R, fwd L/lk R, fwd L trng to fc M;)
7-8 [ALEMANA] Fwd L, rec R, sd L/cl R, sd L leading W to his left side;
XRIBL leading W to trn rf under M's raised lf arm, rec L as W trns rf to fc, sd R/cl L, sd R;
(W bk R, rec L, sd R/cl L, sd R to M's lf sd; fwd L trng rf under joined lead hands, fwd R
trng rf to fc, sd L/cl R, sd L;)

9 - 12 NEW YORKER; CRAB WALKS (twice);; NEW YORKER;

- 9 [NEW YORKER] Swvl on R bring L thru w/ straight leg to a sd by sd, rec R swvl to fc, sd
L/cl R, sd L;
10-11 [CRAB WALKS (twice)] Cross RIFL, sd L, cross RIFL/sd L, cross RIFL; sd L, Cross
RIFL, sd L/cl R, sd L;
12 [NEW YORKER] Swvl on L bring R thru w/straight leg to sd by sd, rec L swvl to fc
partner, sd R/cl L, sd R;

13 - 16 SPOT TURN; HAND to HAND; SHOULDER to SHOULDER (twice);;

- 13-14 [SPOT TURN, HAND to HAND] Repeat measures 1-2 of PART A
15-16 [SHOULDER to SHOULDER (twice)] Repeat measures 3-4 of PART A

- B -

1 - 4 CHASE a HALF to TANDEM WALL;; SOLO NEW YORKER (twice);;

- 1-2 [CHASE a HALF to TANDEM WALL] Fwd L trn ½ rf, rec fwd R, fwd L/cl R, fwd L; fwd R
trn ½ to fc WALL, rec fwd L, fwd R/cl L, fwd R; (W bk R, rec L, fwd R/cl L, fwd R; fwd L
trn ½ lf to fc WALL, rec fwd R, fwd L/cl R, fwd L;)
3-4 [SOLO NEW YORKER (twice)] Swvl on R bring L thru w/ straight leg, rec R swvl to fc
WALL, sd L/cl R, sd L; Swvl on L bring R thru w/straight leg, rec L swvl to fc WALL, sd
R/cl L, sd R; (W Swvl on L bring R thru w/straight leg, rec L swvl to fc WALL, sd R/cl L,
sd R; Swvl on R bring L thru w/ straight leg, rec R swvl to fc WALL, sd L/cl R, sd L;)

5 - 8 FINISH the CHASE to BFLY WALL;; NEW YORKER (twice);;

- 5-6 [FINISH the CHASE to BFLY WALL] Fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl
L, fwd R; (W fwd R trn ½ rf, rec fwd L, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L;
7-8 [NEW YORKER (twice)] Repeat measures 10-11 of PART A

- INTERLUDE -

- 1 – 4** **HALF BASIC; LADY to FAN; ALEMANA;;**
- 1 **[HALF BASIC]** Fwd L, rec R, sd L/cl R, sd L;
 - 2 **[LADY to FAN]** Bk R, rec L, sd R/cl L, sd R; (W fwd L, trng lf 1/4 sd and bk R to fc RLOD, bk L/lk R in front, bk L leaving R extended fwd with no weight;)
 - 3-4 **[ALEMANA]** Fwd L, rec R, small sd L/cl R, sd L leading W fwd & trng W rf to fc his left side; XRIBL leading W to trn rf under M's raised lf arm, rec L as W trns rf to fc, small sd R/cl L, sd R; (W cl R to L, rec fwd L, fwd R/lk L, fwd R trng ¼ rf to fc M's lf sd; fwd L trng rf ½ under joined lead hands, fwd R trng rf 1/4 to fc, small sd L/cl R, sd L;)

- A mod -

- 1 - 4** **NEW YORKER; CRAB WALKS (twice);; NEW YORKER;**
- 1 **[NEW YORKER]** Swvl on R bring L thru w/ straight leg to a sd by sd, rec R swvl to fc, sd L/cl R, sd L;
 - 2-3 **[CRAB WALKS (twice)]** Cross RIFL, sd L, cross RIFL/sd L, cross RIFL; sd L, Cross RIFL, sd L/cl R, sd L;
 - 4 **[NEW YORKER]** Swvl on L bring R thru w/straight leg to sd by sd, rec L swvl to fc partner, sd R/cl L, sd R;
- 5 - 8** **[SPOT TURN; HAND to HAND; SHOULDER to SHOULDER (twice) to a;:]** Repeat measures 1-4 of PART A
- 9 – 12** **LARIAT;; ALEMANA;;** Repeat measures 5-8 of PART A
- 13 – 16** **NEW YORKER; CRAB WALKS (twice);; NEW YORKER;** Repeat measures 1-4 of PART A mod

- B -

- C -

- 1 – 4** **FENCELINE to OPEN LOD; WALK TWO & CHA; SLIDING DOOR; ROCK APART, REC, FWD CHA;**
- 1 **[FENCELINE to OPEN LOD)]** Cross lunge thru L w/bent knee looking in the dir of lunge, rec R trng to fc partner, sd L/cl R, sd L to trng to OP LOD;
 - 2 **[WALK TWO & CHA]** Fwd R, fwd L, fwd R/lk L, fwd R;
 - 3 **[SLIDING DOOR]** Rk apart L, rec R, XLIF/sd R, XLIF changing sides facing LOD as the W crosses in front of man;
 - 4 **[ROCK APART, REC, FWD CHA]** Rk apart R, rec L, fwd R/lk L, fwd R;
- 5 – 8** **FWD BASIC; SLIDING DOOR; CIRCLE AWAY CHA & TOG CHA;;**
- 5 **[FWD BASIC]** Fwd L, rec bk R, bk L/lk R, bk L;
 - 6 **[SLIDING DOOR]** Rk apart R, rec L, XRIF/sd L, XRIF changing sides facing LOD as the W crosses in front of man;
 - 7-8 **[CIRCLE AWAY CHA & TOG CHA]** Moving CCW away in a circle Fwd L, fwd R, fwd L/fwd R, fwd L to fc RLOD; moving CCW in a circle to partner fwd R, fwd L, fwd R/fwd L, fwd R to fc;

- C -

- C mod -

- 1 – 4** **FENCELINE to OPEN LOD; WALK TWO & CHA; CIRCLE AWAY CHA & TOG CHA;;**
- 1 **[FENCELINE to OPEN LOD)]** Repeat measure 1 of PART C
 - 2 **[WALK TWO & CHA]** Repeat measure 2 of PART C
 - 3-4 **[CIRCLE AWAY CHA & TOG CHA]** Repeat measures 7-8 of PART C

- ENDING -

- 1 – 4** **HALF BASIC; LADY to FAN; ALEMANA;;** Repeat measures 1-4 of INTERLUDE
- 5 – 8** **HALF BASIC; LADY to FAN; ALEMANA;;** Repeat measures 1-4 of INTERLUDE
- 9** **CLOSE POINT;**
- 9 **[CLOSE POINT]** Cl L, pt R to RLOD, -, -;