

# Hey Soul Sister

**CHOREO:** Jean Watford Rhythm Cloggers Auckland New Zealand

April 2010

**MUSIC:** Train CD Save Me San Francisco

**LEVEL:** Intermediate Plus

**SEQUENCE:** INTRO A B CHR BRK A B CHR\* A CHR\* BRK CHR END

**INTRO:** Wait 3 counts then 8 counts of rhythm Left foot lead

Beats	Cues	Beats	Cues
<b>Intro (8 beats)</b>		<b>Chorus* (32 beats)</b>	
8	Flat Swayback	8	Macnamara Rock Pivot 1/2 R
<b>Part A (32 beats)</b>		8	Flat Cowboy Drag
4	Half Tapping Toes	8	Macnamara Rock Pivot 1/2 R
4	Day Dream	4	Crimp Down
<b>8</b>	<b>Repeat opp ft/wk</b>	4	Finn
8	Buck Snake Back Track	<b>Part A (32 beats)</b>	
8	TMD Walk	4	Half Tapping Toes
<b>Part B (32 beats)</b>		4	Day Dream
8	Flat Triple Lori	<b>8</b>	<b>Repeat opp ft/wk</b>
8	Flat Swayback Slide	8	Buck Snake Back Track
8	Flat Triple Lori	8	TMD Walk
4	Buck Joey	<b>Chorus* (32 beats)</b>	
4	Double Hey Ray	8	Macnamara Rock Pivot 1/2 R
<b>Chorus (32 beats)</b>		8	Flat Cowboy Drag
8	Macnamara Rock Pivot 1/2 R	8	Macnamara Rock Pivot 1/2 R
8	Flat Cowboy Drag	4	Crimp Down
8	Macnamara Rock Pivot 1/2 R	4	Finn
4	Crimp Down	<b>Break (16 beats)</b>	
4	Short Flapper	16	Hopping Clogvine Walk L & R
<b>Break (16 beats)</b>		<b>Chorus (32 beats)</b>	
16	Hopping Clogvine Walk L & R	8	Macnamara Rock Pivot 1/2 R
<b>Part A (32 beats)</b>		8	Flat Cowboy Drag
4	Half Tapping Toes	8	Macnamara Rock Pivot 1/2 R
4	Day Dream	4	Crimp Down
<b>8</b>	<b>Repeat opp ft/wk</b>	4	Short Flapper
8	Buck Snake Back Track	<b>End (1 beat)</b>	
8	TMD Walk	1	Step
<b>Part B (32 beats)</b>			
8	Flat Triple Lori		
8	Flat Swayback Slide		
8	Flat Triple Lori		
4	Buck Joey		
4	Double Hey Ray		



# Step descriptions for: HEY SOUL SISTER

## FLAT SWAYBACK : (8 beats)

DS TnUp(XIF) TnUp(X) T-H(BK) RS TnDn TnDn RS  
L R R RR LR L R LR  
&1 e&a2 e&a3 & 4 &5 e&a6 e&a7 &8

## HALF TAPPING TOES : (4 beats)

DS DT R(XIF) S DT R(OTS) S DT R(XIF) S  
L R R LR R LR R L  
&1 e& a 2 e& a 3 e& a 4

## DAYDREAM : (4 beats)

DS TnUp TnDn RS  
R L L RL  
&1 e&a2 e&a3 &4

## BUCK SNAKE BACK TRACK : (8 BEATS)

DS H(WGT XIF)H-BA R(XIB) S(OTS) H(WGT XIF) H-BA R(XIB) S(OTS) DS(OTS) H(WGT XIF) H-BA(OTS) R(XIB) S  
L R L L R L R L L R L R L R  
&1 & a 2 & 3 & a 4 & 5 &6 & a 7 & 8

## TMD WALK : (8 BEATS)

DS TnDn TnDn TnDn RS TnDn TnDn RS  
L R L R LR L R LR  
&1 e&a2 e&a3 e&a4 &5 e&a6 e&a7 &8

## FLAT TRIPLE LORI : (4 beats)

DS TnUp DS TnUp DS TnUp RS RS  
L R R L L R RL RL  
&1 e&a2 a3 e&a4 &5 e&a6 &7 &8

## FLAT SWAYBACK SLIDE : (8 counts)

DS TnUp(XIF) TnUp(X) T-H(BK) RS TnDn TnDn BA-SL  
R L L LL RL R L R R  
&1 e&a2 e&a3 & 4 &5 e&a6 e&a7 & 8

## BUCK JOEY : (4 beats)

DS T-BA(XIB)\_H-BA H-BA\_T-BA(XIB) H-BA\_H-S(OTS)  
R L-L R-R L-L R-R L-L R-R  
&1 e & a 2 e & a 3 e & a 4

## DOUBLE HEY RAY : (4 beats)

DS TnDn S\_DS(BK) RS  
L R L R LR  
&1 e&a2 & a3e &4

## MACNAMARA ROCK PIVOT (8) :

BA BA(XIB) BA TCHH(OTS) BA BA(XIB) BA TCHH(OTS) R H(F-WGT)-(PVT 1/2 L) S DS RS  
L R L R R L R L LR  
& 1 & 2 & 3 & 4 & 5 & 6 &7 &8

## FLAT COWBOY DRAG : (8 beats)

DS TnDn TnDn BR(XIF) SL [DS(XIF) DR RS(XIF) DR RS(XIF)](MOVING BACK)  
L R L R L R R LR R LR  
&1 e&a2 e&a3 & 4 &5 & 6& 7 &8

## CRIMP DOWN : (4 beats)

DS BA BA H H RS TnDn  
L R L R LRL R  
&1 e & a 2 &3 e&a4

## SHORT FLAPPER : (4 beats)

DS DT H(WGT)(TW R) FL TT(XIB) (P)  
L R R R R L  
&1 &a 2 e & 3 &4

## HOPPING CLOGVINE WALK : (8 beats)

DS HOP TCHH\_S(XIF) DS HOP TT\_BA(XIB) DS HOP TCHH\_S(XIF) DS RS  
L L R R L L R R L L R R L RL  
&1 & a 2 &3 & a 4 &5 & a 6 &7 &8

## FINN : (4 beats)

DS(XIB) R(OTS) H (WGT)(TOE IN)-FL(TOE OUT) TT(BK) FL(TOE IN) S  
L R L L R L R  
&1 & 2 & 3 & 4