



## Hey Soul Sister

**Level:** Basic (Best Danced @ normal speed)

**Artist:** Train - Album "CD Save Me San Francisco"  
(Available on Itunes - 3 minutes 35 seconds)

**CHOREO:** by Gail Ross - Fancy Shuffle Cloggers [gailross@gmail.com](mailto:gailross@gmail.com)

**Sequence:** A B CHORUS BREAK A B CHORUS\* A CHORUS\* BREAK CHORUS END

**Wait:** 3 counts and then 16 counts

### PART A (32 beats)

4 2 Basics  
4 Chain (moving L)  
4 2 Basics  
4 Chain (moving R)  
4 2 Basics  
4 Pivot Chain (½ L)  
4 2 Basics  
4 Pivot Chain (½ R)

### PART B (32 beats)

4 Triple (Fwd)  
4 Triple (Bk)  
8 2 Outhouses  
16 Clogover vine (L & R)

### CHORUS (32 Beats)

8 Cowboy  
4 Rocking Chair  
4 Fancy Double  
8 Cowboy  
4 Rocking Chair  
4 Fancy Double

### BREAK (16 beats)

16 Three Hit Steps & Basic  
(Left & Right)

### PART A (32 beats)

4 2 Basics  
4 Chain (moving L)  
4 2 Basics  
4 Chain (moving R)  
4 2 Basics  
4 Pivot Chain (½ L)  
4 2 Basics  
4 Pivot Chain (½ R)

### PART B (32 beats)

4 Triple (Fwd)  
4 Triple (Bk)

8 2 Outhouses  
16 Clogover vines L & R

### CHORUS\* (32 Beats)

8 Cowboy (½ L)  
4 Rocking Chair  
4 Fancy Double  
8 Cowboy (½ L)  
4 Rocking Chair  
4 Fancy Double

### PART A (32 beats)

4 2 Basics  
4 Chain (moving L)  
4 2 Basics  
4 Chain (moving R)  
4 2 Basics  
4 Pivot (Chain ½ L)  
4 2 Basics  
4 Pivot (Chain ½ R)

### CHORUS\* (32 Beats)

8 Cowboy (½ L)  
4 Rocking Chair  
4 Fancy Double  
8 Cowboy (½ L)  
4 Rocking Chair  
4 Fancy Double

### BREAK (16 beats)

16 Three Hit Steps & Basic  
(Left & Right)

### CHORUS (32 Beats)

8 Cowboy  
4 Rocking Chair  
4 Fancy Double  
8 Cowboy  
4 Rocking Chair  
4 Fancy Double

### END (1 Beat)

1 Step (out L)



Hey Soul Sister- Step Explanations:

BASIC: (2 Beats)

DS RS  
L RL  
&1 &2

CHAIN:(4 Beats)

DS RS RS RS (MVE BK L)  
L RL RL RL  
&1 &2 &3 &4

PIVOT CHAIN: (4 Beats)

DS RS RS RS (TURN L )  
L RL RL RL  
&1 &2 &3 &4

TRIPLE: (4 Beats)

DS DS DS RS  
L R L RL  
&1 &2 &3 &4

OUTHOUSE: (4 Beats)

DS TCH(OTS) H TCH(XIF) H TCH(OTS) H  
L R L R L R L  
&1 & 2 & 3 & 4

CLOGOVER VINE:(8 Beats)

DS(OTS) DS(XIF) DS(OTS) DS(XIB) DS(OTS) DS(XIF) DS RS  
L R L R R L R L RL  
&1 &2 &3 &4 &5 &6 &7 &8

COWBOY: (8 Beats)

[DS DS DS BR(XIF) SL] -(FWD) [DS(XIF) R S(XIF) R S(XIF) R S(XIF)] -(BK)  
L R L R L R L R L R L R  
&1 &2 &3 & 4 &5 & 6 & 7 & 8

ROCKING CHAIR: (4 Beats)

DS BR SL DS RS  
L R L R LR1 & 2 &3 &4

FANCY DOUBLE: (4 Beats)

DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

THREE HIT STEPS & BASIC: (8 Beats)

DS TCHH(XIF)-S(XIF) DS(OTS) TCHH(XIF)-S(XIF) DS(OTS) TCHH(XIF)-S(XIF) DS RS  
L R R L R R L R R L RL  
&1 & 2 &3 & 4 &5 & 6 &7 &8

STEP: (1 Beat)

(P) S  
L  
& 1