

Hey Soul Sister

CHOREO: Jean Watford Rhythm Cloggers Auckland New Zealand

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