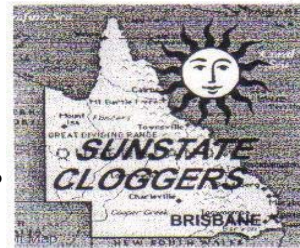


HEY SOUL SISTER

LEVEL: BASIC Length – 3:30 Speed – better at + 5%
MUSIC: TRAIN CD-SAVE ME SAN FRANCISCO
CHOREO: Olive Borovsky, (oliveclogging@optusnet.com.au)
SEQUENCE: A B Chorus Break A B Chorus A Chorus Break C Ending
WAIT: 3 counts then 16 beats



| | |
|--|--|
| <hr/> | |
| <u>PART A (32 beats)</u> | <u>PART A (32 beats)</u> |
| 4 TRAVELLING TRIPLE (L) | 4 TRAVELLING TRIPLE (L) |
| 4 CHARLESTON | 4 CHARLESTON |
| 4 TRAVELLING TRIPLE (R) | 4 TRAVELLING TRIPLE (R) |
| 4 CHARLESTON | 4 CHARLESTON |
| 4 BASKETBALL TURN & BASIC (R) | 4 BASKETBALL TURN & BASIC (R) |
| 4 HILLBILLY | 4 HILLBILLY |
| 4 BASKETBALL TURN & BASIC (R) | 4 BASKETBALL TURN & BASIC (L) |
| 4 HILLBILLY | 4 HILLBILLY |
| | |
| <u>PART B (32 beats)</u> 4 | <u>CHORUS (32 beats)</u> |
| 8 VINE (L & R) | 8 STEPPING VINE (L & R) |
| 8 COWBOY (TURN ½ L) | 4 TRAVELLING PIVOT (1/2 R) |
| 8 2 OUTHOUSE | 4 FANCY DOUBLE |
| 8 COWBOY (TURN ½ L) | 16 <u>REPEAT</u> |
| | |
| <u>CHORUS (32 beats)</u> | <u>BREAK (16 beats)</u> |
| 8 STEPPING VINE (L & R) | 4 2 HIT STEPS (L) |
| 4 TRAVELLING PIVOT (1/2 R) | 4 CHAIN (L) |
| 4 FANCY DOUBLE | 8 <u>REPEAT OPPOS FT & DIR.</u> |
| 16 <u>REPEAT</u> | |
| | |
| <u>BREAK (16 beats)</u> | <u>PART C (32 beats)</u> |
| 4 2 HIT STEPS (L) | 8 2 STOMP DOUBLE |
| 4 CHAIN (L) | 4 TRIPLE KICK (FWD) |
| 8 <u>REPEAT OPPOS FT & DIR.</u> | 4 TRIPLE (BK) |
| | 8 2 BURTON STAMPS (angle left & right) |
| | 4 2 BASICS |
| | 4 2 BASKETBALL TURNS (L) |
| | |
| <u>PART A (32 beats)</u> | <u>ENDING (1)</u> |
| 4 TRAVELLING TRIPLE (L) | 1 (P) STEP (OTS) |
| 4 CHARLESTON | |
| 4 TRAVELLING TRIPLE (R) | |
| 4 CHARLESTON | |
| 4 BASKETBALL TURN & BASIC (R) | |
| 4 HILLBILLY | |
| 4 BASKETBALL TURN & BASIC (R) | |
| 4 HILLBILLY | |
| | |
| <u>PART B (32 beats)</u> | |
| 8 VINE (L & R) | |
| 8 COWBOY (TURN ½ L) | |
| 8 2 OUTHOUSE | |
| 8 COWBOY (TURN ½ L) | |
| | |
| <u>CHORUS (32 beats)</u> | |
| 8 STEPPING VINE (L & R) | |
| 4 TRAVELLING PIVOT (1/2 R) | |
| 4 FANCY DOUBLE | |
| 16 <u>REPEAT</u> | |



STEP EXPLANATIONS : HEY SOUL SISTER

CHARLESTON: (4)

DS TCH(F) H T-H(BK) TCH(BK) H (CAN BE RS)
L R L R R L R
&1 & 2 & 3 & 4

TRAVELLING TRIPLE: (4)

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

BASKETBALL TURN: (4)

(P) S(FWD) (P) S(PVT 1/2 R)
L R
& 1 & 2

BASIC: (2)

DS RS
L RL
&1 &2

HILLBILLY: (4)

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

VINE : (4)

DS(OTS) DS(XIB) DS(OTS) RS
L R L RL
&1 &2 &3 &4

COWBOY: (8) (in this dance, turn 1/2 left on BR)

[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 R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

OUTHOUSE: (4)

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

STEPPING VINE: (4)

(P) S(OTS) (P) S(XIB) (P) S(OTS) (P) TCHH(OTS)
L R L R
& 1 & 2 & 3 & 4

TRAVELLING PIVOT: (4)

DS DS(XIF) DS(PVT 1/4 1/2 3/4) S (LOOPING MOTION WITH PIVOT)
L R L R
&1 &2 &3 & 4

HIT STEP: (2)

DS TCHH(XIF) S(XIF)
L R R
&1 & 2

CHAIN (4)

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

STOMP DOUBLE: (4)

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

TRIPLE KICK: (4)

DS DS DS DR/K SL
L R L L/R L
&1 &2 &3 & 4

TRIPLE: (4)

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

BURTON STAMP: (4)

DS STA(UP) H STA(UP) H STA(UP) H(ANGLE L OR R)
L R L R L R L
&1 & 2 & 3 & 4