

HEY SOUL SISTER

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CD: I Tunes "TRAIN" RELEASE DATE: August 2013

FOOTWORK: Opposite unless noted (Woman's in parentheses) Time 2:56 @ 45rpm

RHYTHM: Cha Cha, Phase IV SEQUENCE: A B A B(1-8) C B(1-8) END

1-4 WAIT 2 MEASURES BUTTERFLY WALL;; CIRCLE AWAY & TOGETHER TO A HAND SHAKE;;

1-2 Butterfly Wall wait 2 measures;;

3-4 Separating from partner and moving away in a circular pattern forward left, Forward right, forward left /close right, forward left; continuing circular pattern toward partner forward right, Forward left, forward right/close left, forward right to a handshake;

PART A

1-4 FLIRT TO A FAN;; HOCKEY STICK TO FACE ;;

1-2 Forward left, recover right, side left/close right, side left; back right, recover left, side right/close left, side right (Rock back right, recover left turning left face, continue turn to Varsouvienne position side right/close left, side right; rock back left, recover right, side left/close right, side left moving to her left in front of the man to Left fan position);

3-4 Forward left, recover right, in place left/right, left; back right, recover left, forward right/close left, forward right ending diagonal reverse line of dance and wall (Close right, forward left, forward right/left, right; forward left, forward right turning left to face partner, back left/close right, back left to face);

5-8 NEW YORKER; WHIP TURN; SHOULDER TO SHOULDER TWICE;;

5-6 facing position commence turn & step thru left with straight leg turning to a side by side position, recover right to face partner, side left/close right, side left; back right commence 1/4 left face turn, continue turn 1/4 recover forward left, side right/close left, side right (Forward left outside man on his left side, forward right commence left face turn 1/2, side left/close right, side left);

7-8 From Butterfly Position forward left to Butterfly Sidecar, recover right to face side left/close right, side left; forward right to Butterfly Sidecar, recover left to face side right/close left, side right to shake hands;

9-12 FLIRT TO A FAN;; HOCKEY STICK TO FACE;;

9-12 Repeat meas 1-4 Part A ;;;;

13-16 NEW YORKER; WHIP TURN; SHOULDER SHOULDER TWICE;;

13-16 Repeat meas 5-8 Part A ;;;;end with left hand star

PART B

1-4 UMBRELLA TURNS;;;;

1-4 Forward left, recover right, back left/close right, back left; back right, recover left, forward right/close left, forward right; forward left, recover right, back left/close right, back left; back right, recover left turn left 1/4 to face partner, side right/close left, side right (Back right, recover left, forward right/close left, forward right; forward left turning 1/2 right face under joined hands, recover right, forward left/close right, forward left; forward right turning 1/2 left face under joined hands, recover left, forward right/close left, forward right; forward left turning 1/2 right face under joined hands, recover right continue turn to face partner, side left/close right, side left);

5-8 ROCK BACK TO OPEN FOWARD CHA; AIDA; SWITCH & X & 1 SIDE WALK;;

5-6 Back left, recover right, forward left/close right, forward left; Forward right turning right face, side left continuing right face turn, back right/lock left in front of right, back right;

7-8 Turning left face to face partner side left checking bringing joined hands thru, recover right, cross left in front turning left face to face partner/side right, cross left in front; Side right, close left, side right/left close, side right;

9-12 SHAKE HANDS & TRADE PLACES 2 TIMES; ; ALEMANA; ;

9-10 With right hands joined, rock apart left, recover right turning 1/4 right face to face line of dance behind woman then release joined right hands, continue to turn right face to face partner and wall stepping side and back left/close right, back left toward center of hall (Woman rock apart right, recover left, turning 1/4 left face to face line of dance in front of man then release joined right hands, continue left face turn to face partner and center of hall and stepping side and back right/close left, back right toward wall) joining left hands;

With left hands joined, rock apart right, recover left turning 1/4 left face to face line of dance behind woman then release joined left hands, continue to turn left face to face partner and center of hall stepping side and back right/close left, back right toward wall (woman rock apart left, recover right turning 1/4 right face to face line of dance in front of man then release rejoining left hands, continue right face turn to face partner and center of hall stepping side and back left/close right, back left toward center of hall) joining right hands;

11-12 Forward left, recover right, side left/close right, side left leading woman to turn right face; back right, recover left, side right/close left, side right to a hand shake (Woman Back right, recover left, side right/close left, side right, commencing right face swivel; continue right face turn under joined lead hands forward left, continue right face turn forward right, side left/close right, side left to a hand shake);

REPEAT A 1-16 ;;;;;;;;;;

REPEAT B 1- 8 ;;;;;;

1-4 BREAK BACK END TANDEM LADY IN FRONT; CHASE IN TANDEM W/DOUBLE CHASE;;;

1-4 Swiveling sharply on weighted foot, step back on left to open position, recover right, forward left /close right, forward left (W moves in front of man both face line of dance in tandem); forward right commence left face turn ½, recover forward left, man in front facing reverse of line of dance in tandem forward right/close left, forward right; forward left/close right, forward left, forward right commence left face turn 1/2, recover forward left to face line of dance woman in front; forward right/close left, forward right, forward left/close right, forward left (forward left commence right face turn ½, recover forward right, man in front facing reverse of line of dance in tandem forward left/close right, forward left; forward right/close left, forward right, forward left commence right face turn 1/2, recover forward right to face line of dance woman in front; forward left/close right, forward left, forward right/close left, forward right facing reverse line of dance);

5-8 FINISH CHASE; TOGETHER TO BOLERO BANJO; WHEEL 2 & CHA WALL; NEW YORKER IN 4;

5-8 Forward right, recover left, back right/close left, back right to face partner (forward left commence right face turn ½, recover forward right, forward left/close right, forward left to face partner); forward left, forward right to bolero banjo, start right face turn forward left/close right, forward left; forward right, forward left, forward right/close left, forward right turn face partner wall; step thru left with straight leg to side by side position, recover right to face partner, side left to face, close right to a left hand star;

REPEAT B 1- 8 ;;;;;;

END

1-4 ALEMANA;; LARIAT;;

1-2 Forward left, recover right, side left/close right, side left leading woman to turn right face; back right, recover left, side right/close left, side right (Back right, recover left, side right/close left, side right commence right face swivel; continue right face turn under joined lead hands forward left, continue right face turn forward right, side left/close right, side left to mans right side);

3-4 Step in place left, right, left/right, left; right, left, right/left, right (Circle man clockwise with joined lead hands forward right, forward left, forward right/close left, forward right; forward left, forward right, forward left/close right turning to face partner, side left);

5-8 BREAK BACK END TANDEM LADY IN FRONT; CHASE IN TANDEM W/DOUBLE CHASE;;;

5-8 repeat meas 1-4 PART C

9-13 FINISH CHASE; TOG TO BOLERO WHEEL; WHEEL 2 & CHA; NY IN 4; POINT LINE OF DANCE;

9-12 repeat measures 5-8 PART C

13 point left foot to line of dance.