

## HEY, SOUL SISTER

Released: January 2012 **Revised:** July 2012 to increase suggested speed  
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Music: Hey, Soul Sister by Train  
CD Album: Save Me, San Francisco, Track 2  
Available as a single download from amazon.com  
Time/Speed: Time @ MPM: 3:36 @ 25 as downloaded - Suggested speed 49.5 RPM  
Footwork: Opposite unless indicated (Woman's footwork in parentheses)  
Rhythm/Phase: CHA Phase III+ 1 [Triple cha forward] + 1 UP [Caress lariat]  
Degree of Difficulty: AVG  
Sequence: INTRO A B INTER C D E B Mod END

### MEAS: INTRODUCTION

#### 1-4 MAN FACING PARTNER & WALL NO HANDS JOINED WAIT PICKUP NOTES & 2 MEASURES ; ; CUCARACHA 2X ; BFLY ;

- 1-2 {WAIT} {WAIT} M FCG ptr & WALL no hnds joined wait pickup notes & 2 measures ; ;
- 3 {CUCA} Sd L, rec R, cl L/stp R, stp in plc L (W Sd R, rec L, cl R/stp L, stp in plc R) ;
- 4 {CUCA} Sd R, rec L, cl R/stp L, stp in plc R BFLY WALL (W Sd L, rec R, cl L/stp R, stp in plc L BFLY COH) ;

#### PART A

#### 1-4 BASIC ; ; REVERSE UNDERARM TURN ; TO OP LOD WALK ;

- 1 {BAS} Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) ;
- 2 Bk R, rec L, sd R/cl L, sd R (W Fwd L, rec R, sd L/cl R, sd L) ;
- 3 {REV UNDRM TRN} XLif, rec R, sd L/cl R, sd L BFLY WALL (W Commence LF trn XRif of L under joined lead hnds trng 1/2, cont trn rec L to fc partner, sd R/cl L, sd R BFLY COH) ;
- 4 {TO OP LOD WLK} Blend to OP LOD fwd R, fwd L, fwd R/cl L, fwd R (W Blend to OP LOD fwd L, fwd R, fwd L/cl R, fwd L) ;

#### 5-8 SLIDING DOOR ; ROCK APART RECOVER FORWARD CHA ; WALK ; SLIDING DOOR;

- 5 {SLDG DR} Rk apt L, rec R releasing hnds, XLif chg sd still fcg LOD & pasg bhd W/sd R, XLif (W Rk apt R, rec L releasing hnds, XRif chg sd still fcg LOD & pasg in front of M/sd L, XRif) ;
- 6 {RK APT REC FWD CHA} Rk apt R, rec L, fwd R/cl L, fwd R (W Rk apt L, rec R, fwd L/cl R, fwd L) ;
- 7 {WLK} Fwd L, fwd R, fwd L/cl R, fwd L (W Fwd R, fwd L, fwd R/cl L, fwd R) ;
- 8 {SLDG DR} Rk apt R, rec L releasing hnds, XRif chg sd still fcg LOD & pasg bhd Lady/sd L, XRif (W Rk apt L, rec R releasing hnds, XLif chg sd still fcg LOD & pasg in front of M/sd R, XLif) ;

#### 9-12 CIRCLE AWAY & TOGETHER TO OP LOD ; ; FORWARD & BACK BASIC ; ;

- 9 {CIRC AWY & TOG TO OP LOD} Separating from ptr & mvg awy in a circ pattern fwd L, fwd R, fwd L/cl R, fwd L (W Separating from ptr & mvg awy in a circ pattern fwd R, fwd L, fwd R/cl L, fwd R) ;
- 10 Cont circ pattern twd ptr fwd R, fwd L, fwd R/cl L, fwd R to OP LOD (W Cont circ pattern twd ptr fwd L, fwd R, fwd L/cl R, fwd L to OP LOD) ;
- 11 {FWD BAS} Fwd L, rec R, bk L/cl R, bk L (W Fwd R, rec L, bk R/cl L, bk R) ;
- 12 {BK BAS} Bk R, rec L, fwd R/cl L, fwd R (W Bk L, rec R, fwd L/cl R, fwd L) ;

#### 13-16 WALK ; SPOT TURN BFLY ; FENCE LINE 2X ; ;

- 13 {WLK} Fwd L, fwd R, fwd L/cl R, fwd L (W Fwd R, fwd L, fwd R/cl L, fwd R) ;
- 14 {SPT TRN BFLY} Commence trn XRif trng 1/2 on R, rec L comp trn to fc ptr, sd R/cl L, sd R to BFLY WALL (W Commence trn XLif trng 1/2 on L, rec R comp trn to fc ptr, sd L/cl R, sd L to BFLY COH) ;
- 15 {FNC LINE} X lun thru L w/ bent knee looking RLOD, rec R trng to fc ptr, stp sd L/cl R, sd L (W X lun thru R w/ bent knee looking RLOD, rec L trng to fc ptr, stp sd R/cl L, sd R) ;
- 16 {FNC LINE} X lun thru R w/ bent knee looking LOD, rec L trng to fc ptr, stp sd R/cl L, sd R (W X lun thru L w/ bent knee looking LOD, rec R trng to fc ptr, stp sd L/cl R, sd L) ;

#### PART B

#### 1-4 OPEN BREAK ; WHIP TO COH [WITH OPTIONAL TWIRL]; NEW YORKER 2X ; ;

- 1 {OP BRK} Rk apt strongly on L to LOP FCG while extending R arm up w/ palm out, rec R lowering R arm, sd L/cl R, sd L (W Rk apt strongly on R to LOP FCG while extending L arm up w/ palm out, rec L lowering L arm, sd R/cl L, sd R) ;
- 2 {WHP TO COH} Bk R commence 1/4 LF trn, cont trn 1/4 rec fwd L to fc COH, sd R/cl L, sd R BFLY (W Fwd L outsd M on his L sd, fwd R commence LF trn 1/2 to fc WALL, sd L/cl R, sd L BFLY) ; **OR**  
{WHP TO COH W/ OPT TWRL} Bk R commence 1/4 LF, cont 1/4 LF rec fwd L to fc COH, raise lead hnds leading W to twrl sd R/cl L, sd R BFLY (W Fwd L outsd M on his L sd, fwd R commence LF trn 1/2 to fc WALL, twrl 1 full LF trn under lead hnds sd & fwd L/R, sd L to BFLY) ;
- 3 {NY} Swvlg on R foot bring L foot thru w/ straight leg to a sd by sd pos, rec R swvlg to fc ptr, sd L/cl R, sd L (W Swvlg on L foot bring R foot thru w/ straight leg to a sd by sd pos, rec L swvlg to fc ptr, sd R/cl L, sd R) ;

- 4 {**NY**} Swvlg on L foot bring R foot thru w/ straight leg to a sd by sd pos, rec L swvlg to fc ptr, sd R/cl L, sd R (W Swvlg on R foot bring L foot thru w/ straight leg to a sd by sd pos, rec R swvlg to fc ptr, sd L/cl R, sd L);
- 5-8** **OPEN BREAK; WHIP TO WALL; FENCE LINE; CRAB WALK 3 & HOLD;**
- 5 {**OP BRK**} Rk apt strongly on L to LOP FCG while extending R arm up w/ palm out, rec R lowering R arm, sd L/cl R, sd L (W Rk apt strongly on R to LOP FCG while extending L arm up w/ palm out, rec L lowering L arm, sd R/cl L, sd R);
- 6 {**WHP TO WALL**} Bk R commence 1/4 LF trn, cont trn 1/4 rec fwd L to fc WALL, sd R/cl L, sd R BFLY (W Fwd L outsd M on his L sd, fwd R commence LF trn 1/2 to fc COH, sd L/cl R, sd L BFLY);
- 7 {**FNC LINE**} X lun thru L w/ bent knee looking RLOD, rec R trng to fc ptr, stp sd L/cl R, sd L (W X lun thru R w/ bent knee looking RLOD, rec L trng to fc ptr, stp sd R/cl L, sd R);
- 8 {**CRB WLK 3 & HOLD**} XRif of L, sd L, XRif of L, hold (W XLif of R, sd R, XLif of R, hold);

**INTERLUDE**

- 1-4** **1/2 BASIC; UNDERARM TURN TO CARESS LARIAT;; TO BFLY;**
- 1 {**1/2 BAS**} Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R);
- 2 {**UNDRM TRN**} Raising jnd lead hnds trn bdy slightly RF & XRib, rec L squaring bdy to fc ptr, sd R/cl L, sd R leading W to M's R sd (W XLif undr jnd lead hnds commence 1/2 RF trn, rec R comp RF trn to fc ptr, sd L/cl, sd L to M's R sd);
- 3 {**CARESS LRT TO BFLY**} Rk sd L placing W's R hnd on M's R shldr, rec R, in place L/R, L (W Circ M clockwise w/ R hnd caressing M's shldr fwd R, fwd L, fwd R/cl L, fwd R);
- 4 Rk sd R, rec L, in place R/L, R to BFLY (W Fwd L, fwd R, fwd L/cl R trng to fc ptr, sd L to BFLY);

**PART C**

- 1-5** **START A CHASE; BOTH TURN TO FACE WALL; CUCARACHA IN 4; FINISH THE CHASE; TO BFLY;**
- 1 {**START CHS**} Fwd L commence RF trn 1/2, rec fwd R, fwd L/cl R, fwd L (W Bk R no trn, rec L, fwd R/cl L, fwd R);
- 2 Fwd R commence LF trn 1/2, rec fwd L, fwd R/cl L, fwd R to fc WALL (W Fwd L commence RF trn 1/2, rec fwd R, fwd L/cl R, fwd L to fc WALL);
- 3 {**CUCA IN 4**} Sd L, rec R, cl L, stp in place R (W Sd R, rec L, cl R, stp in place L);
- 4 {**FIN CHS**} Fwd L, rec R, bk L/cl R, bk L (W Fwd R commence LF trn 1/2, rec fwd L, fwd R/cl L, fwd R);
- 5 {**TO BFLY**} Bk R, rec L, fwd R/cl L, fwd R to BFLY WALL (W Fwd L no trn, rec R, bk L/cl R, bk L to BFLY COH);

**6-8** **TRAVELING DOOR 2X;; SIDE WALK 1/2;**

- 6 {**TRAV DR**} Rk sd L, rec R, XLif/sd R, XLif (W Rk sd R, rec L, XRif/sd L, XRif);
- 7 {**TRAV DR**} Rk sd R, rec L, XRif/sd L, XRif (W Rk sd L, rec R, XLif/sd R, XLif);
- 8 {**SD WLK 1/2**} Sd L, cl R, sd L/cl R, sd L (W Sd R, cl L, sd R/cl L, sd R);

**9-12** **LOD NEW YORKER IN 4; WHIP BFLY COH; TO LOD WALK; 2X;**

- 9 {**LOD NY IN 4**} Swvlg on L foot bring R foot thru w/ straight leg to a sd by sd pos, rec L swvlg to fc ptr, sd R, cl L (W Swvlg on R foot bring L foot thru w/ straight leg to a sd by sd pos, rec R swvlg to fc ptr, sd L, cl R);
- 10 {**WHP BFLY COH**} Bk R commence 1/4 LF trn, cont trn 1/4 rec fwd L, sd R/cl L, sd R BFLY COH (W Fwd L outsd M on his L sd, fwd R commence LF trn 1/2, sd L/cl R, sd L BFLY WALL);
- 11 {**WLK**} Blend to LOP LOD fwd L, fwd R, fwd L/cl R, fwd L (W Blend to LOP LOD fwd R, fwd L, fwd R/cl L, fwd R);
- 12 {**WLK**} Fwd R, fwd L, fwd R/cl L, fwd R (W Fwd L, fwd R, fwd L/cl R, fwd L);
- 13-16** **NEW YORKER; UNDERARM TURN; TIME STEP 2X TO BFLY;;**
- 13 {**NY**} Swvlg on R bring L foot thru w/ straight leg to a sd by sd position, rec R swvlg to face partner, sd L/cl R, sd L (W Swvlg on L bring R foot thru w/ straight leg to a sd by sd position, rec L swvlg to face partner, sd R/cl L, sd R);
- 14 {**UNDRM TRN**} Raising jnd lead hnds trn bdy slightly RF & XRib, rec L squaring bdy to fc ptr, sd R/cl L, sd R BFLY COH (W XLif undr jnd lead hnds commence 1/2 RF trn, rec R comp RF trn to fc ptr, sd L/cl, sd L BFLY WALL);
- 15 {**TIM STP**} XLib, rec R, sd L/cl R, sd L (W XRib, rec L, sd R/cl L, sd R);
- 16 {**TIM STP TO BFLY**} XRib, rec L, sd R/cl L, sd R to BFLY COH (W XLib, rec R, sd L/cl R, sd L to BFLY WALL);

**PART D**

- 1-4** **BREAK BACK OPEN RLOD; WALK; CIRCLE AWAY AND TOGETHER; TO BFLY COH;**
- 1 {**BRK BK OP RLOD**} Swvlg sharply on R stp bk L to OP RLOD, rec R, fwd L/cl R, fwd L (W Swvlg sharply on L stp bk R to OP RLOD, rec L, fwd R/cl L, fwd R);
- 2 {**WLK**} Fwd R, fwd L, fwd R/cl L, fwd R (W Fwd L, fwd R, fwd L/cl R, fwd L);
- 3 {**CIRC AWY**} Separating from partner & moving away in a circ pattern fwd L, fwd R, fwd L/cl R, fwd L (W Separating from partner & moving away in a circ pattern fwd R, fwd L, fwd R/cl L, fwd R);
- 4 {**& TOG TO BFLY COH**} Cont circ pattern toward partner fwd R, fwd L, fwd R/cl L, fwd R to BFLY COH (W Cont circ pattern toward partner fwd L, fwd R, fwd L/cl R, fwd L to BFLY WALL);
- 5-8** **OPEN BREAK; WHIP TO WALL BFLY; FENCE LINE; CRAB WALK 3 & HOLD;**
- 5 {**OP BRK**} Rk apt strongly on L to LOP FCG while extending R arm up w/ palm out, rec R lowering R arm, sd L/cl R, sd L (W Rk apt strongly on R to LOP FCG while extending L arm up w/ palm out, rec L lowering L arm, sd R/cl L, sd R);

- 6 **{WHP TO WALL}** Bk R commence 1/4 LF trn, cont trn 1/4 rec fwd L to fc WALL, sd R/cl L, sd R BFLY WALL (W Fwd L outsd M on his L sd, fwd R commence LF trn 1/2 to fc COH, sd L/cl R, sd L BFLY COH) ;
- 7 **{FNC LINE}** X lun thru L w/ bent knee looking RLOD, rec R trng to fc ptr, stp sd L/cl R, sd L (W X lun thru R w/ bent knee looking RLOD, rec L trng to fc ptr, stp sd R/cl L, sd R) ;
- 8 **{CRB WLK 3 & HOLD}** XRif of L, sd L, XRif of L, hold (W XLif of R, sd R, XLif of R, hold) ;

**PART E****1-8 CHASE PEEK-A-BOO DOUBLE ;;;; ;;;;**

- 1 **{CHS PEEK-A-BOO DBL}** Fwd L trng sharply 1/2 RF to TANDEM [M in front], rec R, fwd L/cl R, fwd L (W Bk R, rec L, fwd R/cl L, fwd R) ;
- 2 Sd R looking ovr L shldr, rec L, cl R/in plc L, in plc R (W Sd L, rec R, cl L/in plc R, in plc L) ;
- 3 Sd L looking ovr R shldr, rec R, cl L/in plc R, in plc L (W Sd R, rec L, cl R/in plc L, in plc R) ;
- 4 Fwd R trng sharply 1/2 LF to TANDEM [W in front], rec L, fwd R/cl L, fwd R (W Fwd L trng sharply 1/2 RF to TANDEM [W in front], rec R, fwd L/cl R, fwd L) ;
- 5 Sd L, rec R, cl L/in plc R, in plc L; (W Sd R looking ovr L shldr, rec L, cl R/in plc L, in plc R) ;
- 6 Sd R, rec L, cl R/in plc L, in plc R (W Sd L looking ovr R shldr, rec R, cl L/in plc R, in plc L) ;
- 7 Fwd L, rec R, bk L/cl R, bk L (W Fwd R trng sharply 1/2 LF to fc ptr, rec L, fwd R/cl L, fwd R) ;
- 8 Bk R, rec L, fwd R/cl L, fwd R (W Fwd L, rec R, bk L/cl R, bk L) ;

**PART B MODIFIED****1-4 OPEN BREAK ; WHIP TO COH [WITH OPTIONAL TWIRL] ; NEW YORKER 2X ; ;**

- 1-4 Same as Part B meas 1-4 ; ; ; ;

**5-8 OPEN BREAK; WHIP WALL ; FENCE LINE ; UNDERM TURN TO BFLY ;**

- 5-7 Same as Part B meas 5-7 ; ; ;

- 8 **{UNDRM TRN TO BFLY}** Raising jnd lead hnds trn bdy slightly RF & XRib, rec L squaring bdy to fc ptr, sd R/cl L, sd R to BFLY (W XLif undr jnd lead hnds commence 1/2 RF trn, rec R comp RF trn to fc ptr, sd L/cl, sd L to BFLY) ;

**END****1-4 SAND STEP 2X ; ; START A CHASE BOTH TRIPLE CHA FORWARD ; ;**

- 1 **{SAND STP}** Swiveling slightly to R on R foot rotate L knee inward in order to tch L toe to instep of R foot [no wgt chg], swvlg slightly to L on R foot rotate L knee outward in order to tch L heel to the floor [no wgt chg], swvlg slightly to R on R foot XLif/sd R, XLif (W Swvlg slightly to L on L foot rotate R knee inward in order to tch R toe to instep of L foot [no wgt chg], swvlg slightly to R on L foot rotate R knee outward in order to tch R heel to the floor [no wgt chg], swvlg slightly to L on L foot XRif/sd L, XRif) ;
- 2 **{SAND STP}** Swiveling slightly to L on L foot rotate R knee inward in order to tch R toe to instep of L foot [no wgt chg], swvlg slightly to R on L foot rotate R knee outward in order to tch R heel to the floor [no wgt chg], swvlg slightly to L on L foot XRif/sd L, XRif (W Swvlg slightly to R on R foot rotate L knee inward in order to tch L toe to instep of R foot [no wgt chg], swvlg slightly to L on R foot rotate L knee outward in order to tch L heel to the floor [no wgt chg], swvlg slightly to R on R foot XLif/sd R, XLif) ;
- 3 **{START CHS BOTH TRPL CHA FWD}** Fwd L commence RF trn 1/2, rec fwd R, fwd L/cl R, fwd L (W Bk R w/ no trn, rec L, fwd R/cl L, fwd R) ;
- 4 Fwd R/cl L, fwd R, fwd L/cl R, fwd L (W Fwd L/cl R, fwd L, fwd R/cl L, fwd R) ;

**5-8 BOTH TURN BOTH TRIPLE CHA FORWARD ; ; LADY TURN TO FINISH THE CHASE TO BFLY ; ;**

- 5 **{BOTH TRN BOTH TRPL CHA FWD}** Fwd R commence LF trn 1/2, rec fwd L, fwd R/cl L, fwd R (W Fwd L commence RF trn 1/2, rec fwd R, fwd L/cl R, fwd L) ;
- 6 Fwd L/cl R, fwd L, fwd R/cl L, fwd R (W Fwd R/cl L, fwd R, fwd L/cl R, fwd L) ;
- 7 **{LADY TRN TO FIN CHS BFLY}** Fwd L, rec R, bk L/cl R, bk L; (W Fwd R commence LF trn 1/2, rec fwd L, fwd R/cl L, fwd R) ;
- 8 Bk R, rec L, fwd R/cl L, fwd R BFLY WALL (W Fwd L w/ no trn, rec R, bk L/cl R, bk L BFLY COH) ;
- 9-13 **1/2 BASIC ; UNDERARM TURN TO CARESS LARIAT TO BFLY ; ; ; BREAK BACK TO OP LOD HOLD , ,**
- 9 **{1/2 BAS}** Fwd L, rec R, sd L/cl R, sd L (W Bk R, rec L, sd R/cl L, sd R) ;
- 10 **{UNDRM TRN}** Raising jnd lead hnds trn bdy slightly RF & XRib, rec L squaring bdy to fc ptr, sd R/cl L, sd R leading W to M's R sd (W XLif undr jnd lead hnds commence 1/2 RF trn, rec R comp RF trn to fc ptr, sd L/cl, sd L to M's R sd) ;

- 11 **{CARESS LRT TO BFLY}** Rk sd L placing W's R hnd on M's R shldr, rec R, in place L/R, L (W Circ M clockwise w/ R hnd caressing M's shldr fwd R, fwd L, fwd R/cl L, fwd R) ;

- 12 Rk sd R, rec L, in place R/L, R to BFLY (W Fwd L, fwd R, fwd L/cl R trng to fc ptr, sd L to BFLY) ;

- 13 **{BRK BK TO OP LOD HOLD}** Swiveling sharply on R foot stp bk to OP LOD, hold (W Swiveling sharply on L foot stp bk to OP LOD, hold) , **[Note: 2 beats only]**