

HEY, SOUL SISTER

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Record: Hey, Soul Sister - iTunes Speed to 49 rpm
Footwork: Opposite, except where noted
Rhythm/Level: Mixed Cha Cha / Merengue IV+1+2 (Closed Hip Twist)(Ronde Cha Box, Chase Full Turn)
 Released July 2010; Updated and corrected Apr 2018
Sequence: Intro A B Int A B C B End

INTRODUCTION

1---4 {ARM SLIDE POSITION WALL} WAIT;; ARM SLIDE APART & TOG;;
 1-2 Fcg wall, M's hands on lower portion of W upper arms, W hands on M upper arms, wait;;
 3-4 {Arm Slide Apart & Tog} Bk L, bk R, bk L, bk R; Fwd L, fwd R, fwd L, fwd R {bfly wall};

PART A

1---4 {BFLY WALL} NEW YORKER; AIDA TO BK TRIP CHAS;; SWITCH X TO;
 1 {New Yorker} Thru L, rec R, sd L/cl R, sd L;
 2 {Aida} Thru R trng RF, sd L cont RF trn, bk R/lk L, bk R;
 3 {Bk Triple Chas} Bk L/lk R, bk L, bk R/lk L, bk R;
 4 {Switch (Cross) to} Sd L trng LF to fc ptr ckg, rec R, XLIF/lk R, fwd L;
5---8 TRIP CHAS FWD; TRAVELING DOOR 2X;; CUCARACHA;
 5 {Trip Chas Fwd} Fwd R/lk L, fwd R, fwd L/lk R, fwd L;
 6 {Traveling Door} Fwd R trng LF to fc ptr, rec L, XRIF/sd L, XRIF {bfly wall};
 7 {Traveling Door} Rk sd L, rec R, XLIF/sd R, XLIF;
 8 {Cucaracha} Sd R, rec L, close R/sip L, sip R;
9---12 START CHASE TO TAND WALL; LADY TRANS IN 4; RONDE CHA BOX;;
 9-10 {Start Chase} Fwd L trng RF 1/2, rec fwd R, fwd L/lk R, fwd L (W Bk R, rec fwd L, fwd R/lk L, fwd R); {Lady Transition in 4} Fwd R trng LF 1/2, rec fwd L, fwd R/lk L, fwd R (W fwd L trng 1/2 RF, rec fwd R, fwd L, fwd R) {tandem wall};
 11-12 {Ronde Cha Box} Same footwork for both Ronde L XIF, sd R, bk L/lk R, bk L; Ronde R XIB, sd L, fwd R/lk L, fwd R;
13---16 TWICE;; FIN CHASE LADY IN 4; BK BASICTO CP WALL;
 13-14 Repeat meas 11-12 of Part A;;
 15 {Finish Chase Lady in 4} Fwd L, rec R, bk L/lk R, bk L (W fwd L trng RF 1/2, rec R, fwd L, fwd R);
 16 {Back Basic} Opposite footwork Bk R, rec L, fwd R/lk L, fwd R blending to cp wall;

PART B

1---4 {CP WALL}MERENGUE BASIC; GLIDE; PROMENADE; FWD STAIRS;
 1 {Merengue Basic} Sd L, cl R, sd L, cl R;
 2 {Glide} Sd L/cl R, sd L/cl R, sd L, cl R;
 3 {Promenade} In scp fwd L, fwd R comm RF trn to fc ptr, sd L, cl R;
 4. {Fwd Stairs} Fwd L, cl R, sd L, cl R;
5---8 MERENGUE BASIC; GLIDE; ARM SLIDE APART AND TOG;;
 5 Repeat meas 1 of Part B;
 6 Repeat meas 2 of Part B;
 7-8 Repeat meas 3-4 of Intro;;

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INTERLUDE

- 1---4** **{CP WALL} CLOSED HIP TWIST TO A FAN;; HOCKEY STICK;;**
 1-2 {Closed Hip Twist to a Fan} Ck sd & fwd L, rec R, sd L/cl R, sd L (W swvl bk R, rec swvl L, sd R/cl L, sd swvl R); Bk R, rec L, sd R/cl L, sd R (W fwd L, sd and bk R trng LF 1/2, bk L/lk R, bk L);
 3-4 {Hockey Stick} Fwd L, rec R, sip L/sip R, sip L (W cl R, fwd L, fwd R/fwd L, fwd R); Bk R, rec L, fwd R/lk L, fwd R (W fwd L, fwd R trng LF under jn hands to fc ptr, bk L/lk R, bk L);

PART C

- 1---4** **{BFLY WALL} 1/2 CHA BASIC; WHIP TO LOD FCG PTR; CHASE FULL TURN;;**
 1 {1/2 Cha Basic} Fwd L, rec R, sd L/cl R, sd L;
 2 {Whip to LOD fcg ptr} Bk R comm 1/4 LF trn, rec L to fc lod, sd R/cl L, sd R (W fwd L o/s M left side, fwd R trng LF 1/4 to fc rlod, sd L/cl R, sd L);
 3-4 {Chase Full Turn} Fwd L trng RF 1/2, rec fwd R cont trng RF 1/2 to fc ptr, bk L/lk R, bk L (W bk R, rec L, fwd R/lk L, fwd R); Bk R, rec L, fwd R/lk L, fwd R (W Fwd L trng RF 1/2, rec fwd cont trng RF 1/2 to fc ptr, bk L/lk R, bk L);
- 5---8** **TWICE;; ALEMANA TO CP WALL;;**
 5-6 Repeat meas 3-4 of Part C;;
 7-8 {Alemana} Fwd L, rec R, bk L/lk R, bk L; Bk R, rec L, sd R/cl L, sd R (W fwd L trng RF 1/2, fwd R, sd L/cl R, sd L) blending to cp wall;

ENDING

- 1---4** **{CP WALL} CLOSED HIP TWIST TO A FAN;; ALEMANA;;**
 1-2 Repeat meas 1-2 of Interlude;;
 3 Repeat meas 7 of Part C
 4 Bk R, rec L, sd R/cl L, sd R (W fwd L trng RF 1/2, fwd R, fwd L/lk R, fwd L to M right side);
- 5---8** **LARIAT {CP WALL};; CROSS BODY;;**
 5-6 {Lariat} Sd L, rec R, cl L/sip R, sip L (W fwd R, fwd L, fwd R/lk L, fwd R); Sd R, rec L, cl R/sip L, sip R (W fwd L, fwd R, fwd L/lk R, fwd L) to cp wall;
 7-8 {Cross Body} Fwd L, rec bk R trng 1/4 LF, sd L/cl R, sd L (W Bk R, rec fwd L, fwd R/lk L, fwd R) to L-shaped position; Bk R comm LF trn 1/4, rec L, sd R/cl L, sd R (W fwd L comm LF trn, fwd R trng LF 1/2, sd L/cl R, sd L) to cp coh;
- 9---12+** **CROSS BODY;; ARM SLIDE APART & TOG;; AND WRAP.,**
 9-10 Repeat meas 7-8 of Ending ending in bfly wall;;
 11-12 Repeat meas 3-4 of Intro;;
 13 Fwd L wrapping lady (W fwd R trng LF 1/2 into wrapped position), hold,

General Note: The locks (lk) in this cue sheet are the latin locks with heel of one foot pressed against the instep of the other foot, not the ballroom locks of feet crossed at the ankles.