Hey, Soul Sister

Choreography: Jerry Jestin, 2109 Talamore Road, Pflugerville, Texas 78660  210-473-0310
Record: “Hey, Soul Sister” by Train  jerry@jerryjestin.com
Phase: Cha Cha III + 2 (Alemana, Fan)
Footwork: Opposite, directions for man (woman as noted)
Timing: QQQ&Q, except where noted. Timing reflects actual weight changes.

- INTRO -

BFLY POSITION FACING WALL lead ft free WAIT 5 meas after “HEY HEY HEY;;;;;

- A -

1 - 4  SPOT TURN; HAND to HAND; SHOULDER to SHOULDER (twice) to a;;
   1  [SPOT TURN] Cross LIF turning ½ rf, rec R to FC, sd L/cl R, sd L;
   2  [HAND to HAND] Swvl ¼ on L step back R to LOP, rec L trng ¼ to fc, sd R/cl L, sd R;
   3-4  [SHOULDER to SHOULDER (twice) to a] Fwd L to SCAR, rec R to fc, sd L/cl R, sd L;
           fwd R to BJO, rec L to fc, sd R/cl L, sd R leading W to M’s rt sd; (W bk R to SCAR, rec L
to fc, sd R/cl L, sd R; bk L to BJO, rec R to fc, sd L/cl R, sd L moving to M’s rt sd;)
5 - 8  LARIAT:: ALEMANA;;
   5-6  [LARIAT] Stp in pl L, R, L/R, L; R, L, R/L, R; leading W around M with joined lead hands
to end facing (W circle M cw w/joined lead hands fwd F, fwd L, fwd R/lk L, fwd R; fwd L,
fwd R, fwd L/lk R, fwd L trng to fc M;)
   7-8  [ALEMANA] Fwd L, rec R, sd L/cl R, sd L leading W to his left side;
           XRIBL leading W to trn rf under M’s raised lf arm, rec L as W trns rf to fc, sd R/cl L, sd R;
           (W bk R, rec L, sd R/cl L, sd R to M’s lf sd; fwd L trng rf under joined lead hands, fwd R
trng rf to fc, sd L/cl R, sd L;)
9 - 12  NEW YORKER; CRAB WALKS (twice);; NEW YORKER;
   9  [NEW YORKER] Swvl on R bring L thru w/ straight leg to a sd by sd, rec R swvl to fc, sd
           L/cl R, sd L;
   10-11  [CRAB WALKS (twice)] Cross RIFL, sd L, cross RIFL/sd L, cross RIFL; sd L, Cross
           RIFL, sd L/cl R, sd L;
   12  [NEW YORKER] Swvl on L bring R thru w/straight leg to sd by sd, rec L swvl to fc
           partner, sd R/cl L, sd R;
13 – 16  SPOT TURN; HAND to HAND; SHOULDER to SHOULDER (twice);;
   13-14  [SPOT TURN, HAND to HAND] Repeat measures 1-2 of PART A
   15-16  [SHOULDER to SHOULDER (twice)] Repeat measures 3-4 of PART A

- B -

1 – 4  CHASE a HALF to TANDEM WALL;; SOLO NEW YORKER (twice);;
   1-2  [CHASE a HALF to TANDEM WALL] Fwd L trn ½ rf, rec fwd R, fwd L/cl R, fwd L;
           fwd R trn ½ to fc WALL, rec fwd L, fwd R/cl L, fwd R; (W bk R, rec L, fwd R/cl L, fwd R;
           fwd L trn ½ if to fc WALL, rec fwd R, fwd L/lk R, fwd L;)
   3-4  [SOLO NEW YORKER (twice)] Swvl on R bring L thru w/ straight leg, rec R swvl to fc
           WALL, sd L/cl R, sd L; Swvl on L bring R thru w/straight leg, rec L swvl to fc WALL, sd
           R/cl L, sd R; (W Swvl on L bring R thru w/straight leg, rec L swvl to fc WALL, sd R/cl L, sd
           R; Swvl on R bring L thru w/ straight leg, rec R swvl to fc WALL, sd L/cl R, sd L;)
5 – 8  FINISH the CHASE to BFLY WALL;; NEW YORKER (twice);;
   5-6  [FINISH the CHASE to BFLY WALL] Fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl
           L, fwd R; (W fwd R trn ½ rf, rec fwd L, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R, bk L;
   7-8  [NEW YORKER (twice)] Repeat measures 10-11 of PART A
**- INTERLUDE -**

1–4  **HALF BASIC; LADY to FAN; ALEMANA;;**

1. [HALF BASIC] Fwd L, rec R, sd L/cl R, sd L;
2. [LADY to FAN] Bk R, rec L, sd R/cl L, sd R; (W fwd L, trng lf 1/4 sd and bk R to fc RLOD, bk L/lk R in front, bk L leaving R extended fwd with no weight;)
3-4 [ALEMANA] Fwd L, rec R, small sd L/cl R, sd L leading W fwd & trng W rf to fc his left side; XRIBL leading W to trn rf under M’s raised lf arm, rec L as W trns rf to fc, small sd R/cl L, sd R; (W cl R to L, rec fwd L, fwd R/lk L, fwd R trng ¾ rf to fc M’s lf sd; fwd L trng rf ½ under joined lead hands, fwd R trng rf 1/4 to fc, small sd L/cl R, sd L;)

**- A mod -**

1–4  **NEW YORKER; CRAB WALKS (twice);; NEW YORKER;;**

1. [NEW YORKER] Swvl on R bring L thru w/ straight leg to a sd by sd, rec R swvl to fc, sd L/cl R, sd L;
2-3 [CRAB WALKS (twice)] Cross RIFL, sd L, cross RIFL/sd L, cross RIFL; sd L, Cross RIFL, sd L/cl R, sd L;
4. [NEW YORKER] Swvl on L bring R thru w/straight leg to sd by sd, rec L swvl to fc partner, sd R/cl L, sd R;

5–8  **[SPOT TURN; HAND to HAND; SHOULDER to SHOULDER (twice) to a;;]** Repeat measures 1-4 of PART A

9–12  **LARIAT;; ALEMANA;;** Repeat measures 5-8 of PART A

13–16  **NEW YORKER; CRAB WALKS(twice);; NEW YORKER;;** Repeat meas 1-4 of PART A mod

**- B -**

**- C -**

1–4  **FENCELINE to OPEN LOD; WALK TWO & CHA; SLIDING DOOR; ROCK APART, REC, FWD CHA;;**

1. [FENCELINE to OPEN LOD)] Cross lunge thru L w/bent knee looking in the dir of lunge, rec R trng to fc partner, sd L/cl R, sd L to trng to OP LOD;
2. [WALK TWO & CHA] Fwd R, fwd L, fwd R/lk L, fwd R;
3. [SLIDING DOOR] Rk apart L, rec R, XLIF/sd R, XLIF changing sides facing LOD as the W crosses in front of man;
4. [ROCK APART, REC, FWD CHA] Rk apart R, rec L, fwd R/lk L, fwd R;

5–8  **FWD BASIC; SLIDING DOOR; CIRCLE AWAY CHA & TOG CHA;;**

5. [FWD BASIC] Fwd L, rec bk R, bk L/lk R, bk L;
6. [SLIDING DOOR] Rk apart L, rec L, XRIF/sd L, XRIF changing sides facing LOD as the W crosses in front of man;
7-8 [CIRCLE AWAY CHA & TOG CHA] Moving CCW away in a circle Fwd L, fwd R, fwd L/fwd R, fwd L to fc RLOD; moving CCW in a cir to partner fwd R, fwd L, fwd R/fwd L, fwd R to fc;

**- C mod -**

1–4  **FENCELINE to OPEN LOD; WALK TWO & CHA; CIRCLE AWAY CHA & TOG CHA;;**

1. [FENCELINE to OPEN LOD)] Repeat measure 1 of PART C
2. [WALK TWO & CHA] Repeat measure 2 of PART C
3-4 [CIRCLE AWAY CHA & TOG CHA] Repeat measures 7-8 of PART C

**- ENDING -**

1–4  **HALF BASIC; LADY to FAN; ALEMANA;;** Repeat measures 1-4 of INTERLUDE

5–8  **HALF BASIC; LADY to FAN; ALEMANA;;** Repeat measures 1-4 of INTERLUDE

9  **CLOSE POINT;**

9 [CLOSE POINT] Cl L, pt R to RLOD, -, -;