

HEY SOUL SISTER

TRAIN

Int.Plus
LEFT lead

itunes: single—3:36 mins
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INTRO:

WAIT 16 counts

- (16) 2 Flea Flicker Rock Brush
- (4) 2----- 2 Kentucky Drags
- (4) 2----- 1 Western Rock Western

- A**
- (8) 1 My Way Double
 - (8) 1 Bonanza
 - (4) 1 Quick Slip
 - (4) 1 Kentucky Basic
 - (8) 1 Easy Slider w/3 runs

- B**
- (8) 1 Split Rougie
 - (4) 2 Shortballs
 - (4) 1 Paddle Split Lift
 - (8) 1 Split Rougie
 - (8) 2 Bama Toevines

- C** (16) 2 Flea Flicker Rock Brush

REPEAT: A , 2 times but Turn ½ Right during the last 3 Runs of each “Easy Slider”
: B (split rougie)

- D**
- (4) ---- 1 Triple Twist
 - (4) 2 1 Kick Touch Turn ½ Left
 - (4) 2 1 Triple Brush forward
 - (4) ----- 1 Rockback [or “Jammin Toes” for more challenge]

- B**
- (8) 1 Split Rougie
 - (4) 2 Shortballs
 - (4) 1 Paddle Split Lift
 - (8) 1 Split Rougie
 - (8) 2 Bama Toevines

END

- (8) 1 Split Rougie
- (4) 1 Bama Toevine
- (4) 2 Basic
- (16) 2 Flea Flicker Rock Brush
- (4) 1 Triple Twist
- (4) 1 Kick Touch Turn ½ Left
- (4) 1 Triple Brush.....**TURN** ½ left
- (4) 1 Rockback [or “Jammin Toes”]
- (1) 1 step

Sequence as listed; breakdowns not given can be found in the SCCTA Step & Dance Glossary.

PAGE 2, **HEY SOUL SISTER**

FLEA FLICKER ROCK BRUSH

(B) (XB) (OS) (XF)
DT H DS DT H DS RK S BR H DS RK S
L R L R L R L R L R L R L
&a 1 &2 &a 3 &4 & 5 & 6 &7 & 8

WESTERN ROCK WESTERN

(os) [Lsw b] (xb) (os) [Lsw b] (xb)
DS DR S RK S DR S
L L R L R R L
&1 & 2 & 3 & 4

MY WAY DOUBLE

(XF) (XB) (OS) (XF) [HT] [up]
Pause S DS TOE TOE TOE JP pause H DS DS RK S
L R L R L R R R L R L R
& 1 &2 & 3 & 4 & 5 &6 &7 & 8

EASY SLIDER (With 3 RUNS)

[Kk] (XF) (OS) (XB) (OS)
DS DR S TOE TOE PULL S RK S DS DS DS
L L R L R L L R L R L R
&1 & 2 & 3 & 4 & 5 &6 &7 &8

SPLIT ROUGIE

[HT] (XB) (OS) (XF) (OS) (OS) (XB) (OS)
DS pause TOE TOE TOE SL S DS RK S DS RK S
L R L R R L R L R L R L
&1 & 2 & 3 & 4 &5 & 6 &7 & 8

SHORTBALL

JP DT RK S
R L L R
1 a& a 2

PADDLE SPLIT

[TCH XF] [TCH XB] [TCH XF] [HT] [UP]
DT HOP DT HOP DT HOP HOP SL
R L R L R L L L
&a 1 &a 2 &a 3 & 4

KICK TOUCH TURN

[Kk OS] [TCH xf] [Kk os] [TCH xf] [Kk os] [TCH xf] (F)
DS HOP HOP HOP HOP HOP S
L L L L L L R
&1 & 2 & 3 & 4 TURN ½ left while hopping

JAMMIN TOES

(B) (B) (B) (B) (B) (B) [HT] [UP]
TOE TOE H H TOE TOE H H TOE TOE H H JP SL
R L R L R L R L R L R L R R
A & A 1 A & A 2 A & A 3 & 4

After landing on toes, drop each heel as shown