

# Hey Soul Sister; Train

Chore: Matt and Colleen Pearson CD: Save Me San Francisco  
Easy; Left foot lead; 16-count wait (slight revision by Cheri Posedel)

**Part A** 1 Rocking Chair 1/4 L (4)  
1 Run Skip 3 (4)

**REPEAT 4 X's to Make Box**

**Part B** 1 MJ (8)  
1 Karate 1/2 R (4)  
1 Triple (4)

**REPEAT TO FRONT**

**Part C** 1 Samantha Turn and  
Stomp Step (8)  
2 Basics (4)  
1 Simone Stomp (4)

**REPEAT TO FRONT**

**Part D** 2 Cowboy turns 1/2L ea.(16)

**Part A** 1 Rocking Chair 1/4 L (4)  
1 Run Skip 3 (4)

**REPEAT 4 X's to Make Box**

**Part B** 1 MJ (8)  
1 Karate 1/2 R (4)  
1 Triple (4)

**REPEAT TO FRONT**

**Part C** 1 Samantha Turn and  
Stomp Step (8)  
2 Basics (4)  
1 Simone Stomp (4)

**REPEAT TO FRONT**

**Part D1** 1 Cowboy turns 1/4L (8)  
1 Rocking Chair 1/4 L (4)  
1 Run Skip 3 (4)

**REPEAT TO FRONT**

**Part C** 1 Samantha Turn and  
Stomp Step (8)

2 Basics (4)

1 Simone Stomp (4)

**REPEAT TO FRONT**

**Part C1** 1 Samantha Stomp **no turn** (8)

2 Basics (4)

1 Simone Stomp (4)

**Part D1** 1 Cowboy turns 1/4L (8)

1 Rocking Chair 1/4 L (4)

1 Run Skip 3 (4)

**REPEAT TO FRONT**

**End** 1 Step w/ Guitar Strum (1)

## Step Breakdown: Hey Soul Sister

### **ROCKING CHAIR 1/4 (4) Turn 1/4 in direction cued**

DS(turn 1/4)	BRUSH	L/C	DS	RS
L	R	R/L	R	LR
&1	&	2	&3	&4

### **RUN SKIP 3 (4) (moving fwd)**

DS	SLIDE	STEP	SLIDE	STEP	SLIDE	STEP
L	L	R	R	L	L	R
&1	&	2	&	3	&	4

### **MJ (8)**

DS	DS(xib)	ROCK	STEP	STEP	ROCK	STEP	DS	DS	BALL	STEP
L	R	L	R	L	R	L	R	L	R	L
&1	&2	&	3	4	&	5	&6	&7	&	8

### **KARATE TURN (4)**

DS (1/4 L)	KICK	PIVOT/PULL 1/4 L		BALL(xib)	STEP	KICK	L/C
L	R	L/R		R	L	R	R/L
&1	&	2		&	3	&	4

### **TRIPLE (4)**

DS	DS	DS	RS
L	R	L	RL
&1	&2	&3	&4

### **SAMANTHA TURN AND STOMP STEP (8) (moving Left and turning 1/2R)**

DS	DS(xif)	DRAG	STEP(xib)	DRAG	STEP(b)	STOMP	STOMP	DS	DS	RS
L	R	R	L	L	R	L	R	L	R	LR
&1	&2	&	3	&	4	&	5	&6	&7	&8

### **BASIC (2) aka Basic Clog**

DT	STEP	BALL	STEP
L	L	R	L
&	1	&	2

### **SIMONE STOMP (4)**

DS	DS	STOMP(f)	STOMP(tog)	DRAG	SLIDE
L	R	L	R	BOTH	BOTH

### **COWBOY TURN (8) \*Turn as directed**

DS	DS	DS	BR(xif)	L/C	DS(xif)	BALL(b)*	STEP(b)	BALL(b)*	STEP(b)	BALL(b)*	STEP(b)
L	R	L	R	R/L	R	L	R	L	R	L	R
&1	&2	&3	&	4	&5	&	6	&	7	&	8