

Hey Sista

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Linda Jensen (AUS)

Musik: Hey Sista - Texas Rose



- 1-2 Step right to side, step left behind right
&3 Step right to beside left, touch left heel to 45
&4 Step left beside right, tap right beside left
5-6 Step right forward, step left forward
&7-8 Step right beside left, rock left forward, step right back 12:00
- 1-2 Turn ½ left and step left forward, turn ½ left and step back on right
3&4 Turn ½ left and shuffle forward stepping left, right, left
5-6 Step cross right over left, step left back
7-8 Turn ¼ right and step right to side, touch left beside right 9:00
- 1-2 Step left forward twisting heel to center, step right forward twisting heel to center
3-4 Step left forward twisting heel to center, turn ¼ right and step right slightly forward
&5 Step left back to 45, touch right heel forward to 45
&6 Step right beside left, step left beside right
&7 Step right back to 45, touch left heel forward to 45
&8 Step left beside right, touch right beside left 12:00
- 1-2 Full turn right moving right stepping right, left
3-4 Step right to right side, touch left beside right
5-6 Rock back on left, rock forward onto right (count 30)
7&8 Left kick ball change (kick left forward, step left beside right, step right beside left) 12:00
- 1-2 Step left forward to 45, lock step right behind left heel
&3-4 Step left to side, step right to right side, replace weight onto left
5&6 Step cross right behind left, step left to side, step cross right over left
7-8 Rock left to left side, replace weight onto right 12:00
- 1-2 Step left forward and across right, point right toe to right side
&3-4 Step right behind left, cross step left over right, point right toe to right side
5-6 Step right forward and across left, point left toe to left side
&7 Step left behind right, cross step right over left
8& Step left to left side, turn ½ right 6:00

REPEAT

TO END DANCE

Dance to count 30, cross left over right, unwind ½ right ending with weight on left