

Hey Mrs Sledge

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Daniel Exton (UK) - June 2024

Music: Hey, Soul Sister - Train



S1: Side, Touch, Chasse, Sailor ¼, Heel, Toe

- 1, 2 Right to Right side, Touch Left next to Right
3&4 Left to Left side, Right next to Left, Left to Left side
5&6 Right behind Left with ¼ turn Right, Left to Left side, Right to Right side
7, 8 Left heel forward, Left toe back

S2: Shuffle x2, Monterey ½

- 1&2 Shuffle forward Left-Right-Left
3&4 Shuffle forward Right-Left-Right
5, 6 Touch Left to Left side, Return Left next to Right with ½ turn Left
7, 8 Touch Right to Right side, Return Right next to Left

S3: (Syncopated Rocking Chair, Toe Strut) x2

- 1&2& Rock forward on Right, Recover on Left, Rock back on Right, Recover on Left
3, 4 Right toes forward, Step Right foot down
5&6& Rock forward on Left, Recover on Right, Rock back on Left, Recover on Right
7, 8 Left toes forward, Left foot down

S4: Jazzbox, Side, Touch, Side, Touch, Kick Ball Change

- 1, 2 Cross Right over Left, Left foot back
3, 4 Right to Right side, Left foot next to Right
5&6& Right to Right side, Left next to Right, Left to Left side, Right next to Left
7&8 Kick Right out, Right next to Left, Left next to Right

Restart: Wall 4 after 16 counts
