

# Hey Soul Sister

**COPPER** KNOB  
BY STEPHENETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Ruben Luna (USA) & Bracken Heidenreich (USA) - March 2010

**Music:** Hey, Soul Sister - Train



## 16 count intro (Start on "lip")

### 1 ¼ Turn R, ¼ Turn R rock Recover Cross, ¼ Turn Left Step Back R, L, Coaster Cross

- 1-3□ 1/4 turn to right stepping right forward (3:00), 1/2 turn right stepping left foot back (9:00), 1/2 turn right stepping right foot forward (3:00),
- 4&5□ Rock left forward ¼ turn right, recover on right, cross left over right
- 6,7□ ¼ turn left stepping right foot back (3:00), step left back
- 8&1 □ Step right back, step left next to right, cross right over left

### Rock Recover, 3/8 Turn R Syncopated Box, Botafogo x 2

- 2,3□ Rock left to left side, recover onto right
- 4&5 □ Cross left over right, ¼ turn left (12:00) step right back, 1/8 turn left (11:00) step left forward
- 6&7□ Cross right over left, rock left to left side, recover onto right
- 8&1□ Cross left over right, rock right back, 1/8 turn left (9:00), step left forward

### Walk Right Forward, Chase Turn R, Full Turn L, Rock & Coaster Step

- 2-3&4□ Step right forward, step left forward, ½ turn right (3:00) step right forward, step left forward
- 5-6□ ½ turn left (9:00) stepping right back, ½ turn left (3:00) stepping left forward
- 7&□ Rock right forward, recover onto left
- 8&1□ Step right back, step left next to right, step right forward

### Paddle Turn ¼ R x 2, Cross, Point R, & Point L, Heel Jack R

- &2&3□ & hitch left knee and make ¼ turn right, (6:00) point left to left side, & hitch left knee and make ¼ turn right, (9:00) point left to left side.
- 4□ Cross left in front of right
- 5&6□ Point right to right side, & step right next to left, point left to left side
- &7&8&□ & Step left next to right, cross right in front of left, step left to left side, tap right heel to side

Ruben Luna, California, USA, [rslluna2@aol.com](mailto:rslluna2@aol.com)

Bracken Ellis Potter, California, USA, [Bracken@MoveInLine.com](mailto:Bracken@MoveInLine.com), [www.MoveInLine.com](http://www.MoveInLine.com)