

# Hey Soul Sister (生命中的女孩) (zh)

COPPER KNOB  
STYLEDANCE

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Hey, Soul Sister - Train



前奏: 16 count intro (Start on "lip")

- 第一段**      **1 ¼ Turn R, ¼ Turn R rock Recover Cross, ¼ Turn Left Step Back R, L, Coaster Cross 右轉1 ¼, 1/4下沉 回復 交叉, 1/4後 後, 海岸交叉**
- 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)  
右轉90度右足前踏(面向3點鐘), 右轉180度左足後踏(面向9點鐘), 右轉180度右足前踏(面向3點鐘)
- 4&5      Rock left forward ¼ turn right, recover on right, cross left over right  
右轉90度左足前下沉, 右足回復, 左足於右足前交叉踏
- 6,7      ¼ turn left stepping right foot back (3:00), step left back  
左轉90度右足後踏(面向3點鐘), 左足後踏
- 8&1      Step right back, step left next to right, cross right over left  
右足後踏, 左足併踏, 右足於左足前交叉踏
- 第二段**      **Rock Recover, 3/8 Turn R Syncopated Box, Botafogo x2**  
**左下沉 回復, 三步轉3/8爵士方塊, 森巴二次**
- 2,3      Rock left to left side, recover onto right 左足左下沉, 右足回復
- 4&5      Cross left over right, ¼ turn left (12:00) step right back, 1/8 turn left (11:00) step left forward  
左足於右足前交叉踏, 左轉90度右足後踏(面向12點鐘), 左轉45度左足前踏(面向11點鐘)
- 6&7      Cross right over left, rock left to left side, recover onto right  
右足於左足前交叉踏, 左足左下沉, 右足回復
- 8&1      Cross left over right, rock right back, 1/8 turn left (9:00), step left forward 左足於右足前交叉踏, 右足後下沉, 左轉45度左足前踏(9點鐘)
- 第三段**      **Walk Right Forward, Chase Turn R, Full Turn L, Rock & Coaster Step**  
**走, 踏 轉 踏, 轉 轉, 下沉 回復, 海岸步**
- 2-3&4      Step right forward, step left forward, ½ turn right (3:00) step right forward, step left forward  
右足前踏, 左足前踏, 右轉180度右足前踏(面向3點鐘), 左足前踏
- 5-6      ½ turn left (9:00) stepping right back, ½ turn left (3:00) stepping left forward 左轉180度右足後踏(9點鐘), 左轉180度左足前踏(3點鐘)
- 7&      Rock right forward, recover onto left 右足前下沉, 左足回復
- 8&1      Step right back, step left next to right, step right forward  
右足後踏, 左足併踏, 右足前踏
- 第四段**      **Paddle Turn ¼ R x2, Cross, Point R, & Point L, Heel Jack R**  
**右划槳二次, 交叉, 點收點收, 傑克腿(交叉, 側踏, 踵點)**
- &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.  
右轉90度左膝抬(6點鐘), 左足左點, 右轉90度左膝抬(9點鐘), 左足左點
- 4      Cross left in front of right 左足於右足前交叉踏
- 5&6      Point right to right side, & step right next to left, point left to left side 右足右點, 右足併踏, 左足左點
- &7&8&      & Step left next to right, cross right in front of left, step left to left side, tap right heel to side  
左足併踏, 右足於左足前交叉踏, 左足左踏, 右足踵右點

