

# Hey Mrs Sledge

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Daniel Exton (UK) - June 2024  
音乐: 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**

---