

# Hey Sista

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Linda Jensen (AUS)  
音乐: 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

---