Hey Soul Sister (生命中的女孩) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Ruben Luna (USA) & Bracken Heidenreich (USA) - 2010年01月
Music: 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