Hey Soul Sister (真命天女) (zh)

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Larry Schmidt (USA)
Music: Hey, Soul Sister - Train

前奏： Start on vocals 唱歌起跳

第一段 Long Step Right, Hold, Rock, Revover, Sway L, Sway R, Shuffle Left
右大步, 候, 後下沉 回復, 擺臀, 擺臀, 左追步

1, 2 Take long step right with right foot, Hold (or drag left toward right)
右足右一大步, 候(左足拖併)

3, 4 Rock onto left foot behind, right, Recover weight to right foot.
左足於右足後下沉, 右足回復

5, 6 Sway left onto left foot, Sway right onto right foot.
左足左踏左擺臀, 右足右踏右擺臀

7&8 Step left foot left, Step right next to left, Step left foot left.
左足左踏, 右足併踏, 左足左踏

第二段 Cross Rock, Recover, ¼ Left Back, Back, Back, ¼ Side Sway, Recover, Behind-Side-Cross
交叉下沉 回復, 1/4後 後 後, 1/4擺臀 回復, 後 旁 前

1, 2 Rock right forward across left, Recover weight to left foot.
右足於左足前交叉下沉, 左足回復

3&4 Turn ¼ left stepping back on right, step left foot back , step right foot back. 左轉90度右足後踏, 左足後踏, 右足後踏

5, 6 Turn ¼ left swaying left onto left foot, Recover weight onto right foot.
左足90度左足左踏左擺臀, 右足回復

7&8 Step left foot behind right, Step right foot right, Step left foot across right. 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

(Restart here during the 4th repetition) 第四面牆跳至此, 從頭起跳

第三段 Side, Touch, ¼ Turn, ½ Turn, ¼ Turn Shuffling Left, Sailor Step.
側, 點, 1/4, 1/2, 1/4轉交換, 水手步

1, 2 Step right foot right, Touch left toe next to right foot.
右足右踏, 左足併點

3, 4 Turn ¼ left stepping forward on left, Turn ½ left stepping back on right.
左轉90度左足前踏, 左轉180度右足後踏

5&6 Turn ¼ left stepping to side onto left, Step right next to left, Step left foot left. 左轉90度左足左踏, 右足併踏, 左足左踏

7&8 Step right foot behind left, Step left foot left, Step right foot right.
右足於左足後踏, 左足左踏, 右足右踏

第四段 Together, Side, Cross, ¼ Back, Side. Sailor Step, Behind-Side-Cross
併, 側, 交叉, 1/4後, 側, 水手步, 後 旁 前

&1, 2 Step left next to right, Step right foot right, Step left across right.
左足併踏, 右足右踏, 左足於右足前交叉踏

3, 4 Turn ¼ left stepping back on right foot, Step left foot to left side.
左轉90度右足後踏, 左足左踏

5&6 Step right behind left, Step left foot left, Step right foot right,
右足於左足後踏, 左足左踏, 右足右踏

7&8 Step left behind right, Step right foot right, Step left foot across right. 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

REPEAT & ENJOY (To add a little extra fun each time the dance restarts add a small hop on the left foot, hitching the right knee and then doing the long step right on count #1.So the count at the end/beginning of the dance would be: **7&8 &1** hold 2)
在每面牆結束時, 多一個**&拍左足單腳跳右膝抬**後, 接續第1右足大步