

ADVANCED

HEY, SOUL SISTER

ARTIST: TRAIN

THE SEQUENCE

A A B C A A B A B 1/2B C C STEP

A = 32 COUNTS

1) High Kick :
 Dbl out up cross in back
 out up cross in front
 out
 spin up
 s ds tch up

2) Double Down:
 Dbl Dbl S S flap S S(if)
 S SK HOP BR S
 OUT IN HL IN S DS TCH UP

3) HIGH KICK
 4) DOUBLE DOWN

A
 HIGH KICK
 DOUBLE DOWN
 HIGH KICK
 DOUBLE DOWN

B = 32 COUNTS

1) JUMP
 JUMP LIFT TCH
 S T S S TCH
 S HL HOP T S
 HL HOP T S
 HL HOP T S

2) Simone's Doubles
 Dr S Toe S HI St DS
 Toe hop hl hop Toe S
 Dbl Dbl, Dbl Dbl
 Dbl Dbl, dbl hop toe hop

3) JUMP
 4) Simone's Doubles

C = 16 COUNTS

1) GALLOP TO TOES
 D S S T S S T S DBL T T S
 DBL S TCH DBL DBL S LIFT

2) SKUFF & PAUSE
 ST SK UP TCH(XIF) S(OTS)
 S DBL S TCH S TCH
 HOP DBL HOP TCH CLK S
 TCH CLK HOP
 DBL S FLAP S S

A
 HIGH KICK
 DOUBLE DOWN
 HIGH KICK
 DOUBLE DOWN

A
 HIGH KICK
 DOUBLE DOWN
 HIGH KICK
 DOUBLE DOWN

B
 JUMP
 Simone's Doubles
 JUMP
 Simone's Doubles

A
 HIGH KICK
 DOUBLE DOWN
 HIGH KICK
 DOUBLE DOWN

B

JUMP
 Simone's Doubles
 JUMP
 Simone's Doubles

1/2 B

JUMP
 Simone's Doubles

C

GALLOP TO TOES
 SKUFF & PAUSE

C

GALLOP TO TOES
 SKUFF & PAUSE

STEP