

# Sweet Sister

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Sadiah Heggernes (NOR/UK) - February 2010

**Music:** Hey, Soul Sister - Train : (CD: Save Me, San Francisco)



**32 count intro – start on main vocals**

## **Section 1: Hip Sways, ¼ Turn, Shuffle Forward, Step, Full Turn, Step**

- 1-3 Small step on right diagonal swaying hips right-left-right
- 4&5 ¼ turn left step forward on left. Close right beside left step forward on left (9.00)
- 6 Step forward on right
- 7&8 ½ turn right step back on left. ½ turn right step forward on right. Step forward on left

## **Section 2: Step, Rock Forward, Chasse ¼ Turn, Shuffle Forward, Step, Pivot, Step**

- &1-2 Small step right beside left. Rock forward on left. Recover weight onto right
- 3&4 ¼ turn left step left to side. Close right beside left. Step left to side (6.00)
- 5&6 Step forward on right. Close left beside right. Step forward on right
- 7&8 Step forward on left. Make ½ pivot right. Step forward on left (12.00)

## **Section 3: Diagonal Toe Struts, ¼ Turn, Side, Step, Kick Ball Touch, Sailor ½ Turn**

- 1& Step right toe to right diagonal. Step down on right heel
- 2& Cross left toe over right. Step down on left heel
- 3&4 ¼ turn left stepping back on right. Step left to side. Step forward on right (9.00)
- 5&6 Kick left forward. Step down on left. Touch right to side
- 7&8 1/4 turn to right crossing right behind left. 1/4 turn right stepping left next to right, step forward on right. (3:00)

## **Section 4: Step, Rock Forward, Coaster Step, Side Rock Touch, Run back with Hitch**

- &1-2 Small step left beside right. Rock forward on right. Recover weight onto left
- 3&4 Step back on right. Step left beside right. Step forward on right
- 5&6 Rock left to side. Recover weight onto right. Touch left beside right
- 7&8 Run back left-right-left hitching right knee beside left

**Ending:** You will be facing 6.00: Cross right over left, unwind ½ turn left to face 12:00

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