SOUL SISTER MERENGUE

Choreographers:	**Mary and Bob Townsend-Manning, 1238 Sunrise Cir, Washington, UT 84780**
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Record:	**Hey, Soul Sister** **Artist: Train**
	Album: Greatest Hits **3:36@45 rpm, Speed to 47 rpm**
Footwork:	**Opposite, except where noted**
Rhythm/Level:	**Merengue IV+0+1 (Switch Basic)**
Sequence:	**Intro A B Intld A B C B Intld End Released Jul 2023**

INTRODUCTION

1---4   **{FCG WALL HNDS STACKED R OVR L} WT ; BAS W/ M'S FC LOOPS ;**
BAS W/ W FC LOOPS ; BAS TO ARM SLIDE POS ;
1 Fcg WALL R hndshk ovr L hndshk ld ft free wt;
2-3 Raising R hndshk bhd M's hd sd L, cl R releasing R hndshk and rejoining R hnds below L hndshk, raising L hndshk bhd M's hd sd L, cl R releasing L hndshk and rejoining L hands below R hndshk; Raising R hndshk bhd W's hd sd L, cl R releasing R hndshk, raising L hndshk bhd W's hd sd L, cl R releasing L handshake to CP WALL;
4 Sd L, cl R, sd L, cl R blending to Arm Slide Position with M's hnds under W's upper arms and W's hnds on M's shldrs fcg WALL;

PART A

1---4   **ARM SLD ; ; CONT CUCA XS ; ;**
1-2 Bk L, bk R, bk L, bk R; Bringing joined hnds up and out to the side fwd L, fwd R, fwd L, fwd R to BFLY WALL;
3-4 Sd L, rec R, XLIF, sd R; Rec L, XRIF, sd L, cl R;
5---8   **SD SEPARATION ; ; ; ;**
5-6 Sd L, cl R, sd L, tch R (W sd R, cl L, sd R, cl L); Sd R, cl L, sd R, tch L (W sd R, cl L, sd R, tch L) to a L-hnd star;
7-8 Sd L, cl R, sd L, cl R (W sd L, cl R, sd L, cl R); Sd L, cl R, sd L, cl R (W sd L, cl R, sd L, tch R) to a R-hnd star;
9--12   **CIRC WLK R ; ; FWD TO AIDA ; SWCH BAS ;**
9-10 Fwd L, fwd R, fwd L, fwd R; Fwd L, fwd R, sd and fwd L, cl R (W fwd R, fwd L comm LF trn under joined R hands, bk R comp LF trn, cl L) to BFLY WALL;
11-12 Trng LF twd LOD fwd L, fwd R trng RF twd ptr, sd L cont trng RF, bk R to AIDA LINE; Trng LF twd ptr sd L, cl R, sd L, cl R to CP WALL;
13-16   **PROM W/ DBL SWVLS ; ; PROM TRN AWY ; ;**
13-14 Trng LF to SCP fwd L, fwd R, sd L swvl to CP, XRif swvl to SCP; Sd L swvl to CP, XRif swvl to SCP, sd L swvl to CP, cl R;
15-16 Trng LF to SCP fwd L, thru R, fwd L trng 1/4 RF, rec R trng ¼ RF to RLOD; Fwd L trng ¼ RF, rec R trng ½ RF, sd L, cl R to CP WALL;

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PART B

1---4   **CONGA BRKS 2X ; ; GLIDE 2X ; ;**
1-2 Trng LF to SCP LOD fwd L, fwd R, XLif/cl R, heel tap L; Repeat meas 1 of Part B;
3-4 Trng RF to CP sd L/cl R, sd L/cl R, sd L, cl R; Repeat meas 3 of Part B;

5--8   **CONGA BRKS 2X ; ; PROM ; BAS TO BFLY ;**
5-6 Repeat meas 1-2 of Part B;;
7-8 In SCP fwd L, fwd R, sd L, cl R; Sd L, cl R, sd L, cl R to BFLY;

INTERLUDE

1---4   **BK TO BK ; ; ; ;**
1-2 Releasing ld hnds and trng ½ LF sip L, sip R, sip L, sip R to bk to bk COH; Rejoin ld hnds sd L, cl R, sd L, cl R;
3-4 Releasing tr hnds repeat meas 1-2 of Part B to BFLY WALL;;

REPEAT PART A AND PART B

PART C

1---4   **CONGA WLKS L & R ; ; CONGA WLKS FWD & BK ; ;**
1 No hnds sd L, XRif, sd L w/ slight upper bdy trn to R, pt R toe while flexg L knee & leang upper bdy L & bk;
2 Sd R, XLif, sd R w/ slight upper bdy trn to L, pt L toe while flexg R knee & leang upper bdy R & bk;
3 Fwd L, fwd R, fwd L, flexg L knee tap R toe bk leang upper bdy fwd;
4 Bk R, bk L, bk R, flexg R knee tap L heel fwd leang upper body bk;

5---8   **CONGA WLKS L & R ; ; CONGA WLKS FWD & BK ; ;**
5-8 Repeat meas 1-4 of Part C;;;;

REPEAT PART B AND INTERLUDE

END

1---4   **CONGA WLKS L & R ; ; CONGA WLKS FWD & BK ; ;**
1-4 Repeat meas 1-4 of Part C;;;;

5--8+   **CONGA WLKS L & R ; ; BAS ; FWD TO AIDA ; XTND ARMS ,**
5-6 Repeat meas 1-2 of Part C;;
7-8 In BFLY WALL repeat meas 4 of Intro; Repeat meas 11 of Part A;
+ xtnd tr arms up and bk to AIDA LINE,

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HEAD CUES:

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A
ARM SLD ; ; CONT CUCA XS ; ; SD SEPARATION ; ; ; ;
CIRC WLK R ; ; FWD TO AIDA ; SWCH BAS ; PROM W/ DBL SWVLS ; ;
PROM TRN AWY ; ;

B
CONGA BRKS 2X ; ; GLIDE 2X ; ; CONGA BRKS 2X ; ; PROM ; BAS TO BFLY ;

INTLD
BK TO BK ; ; ; ;

A
ARM SLD ; ; CONT CUCS XS ; ; SD SEPARATION ; ; ; ;
CIRC WLK R ; ; FWD TO AIDA ; SWCH BAS ; PROM W/ DBL SWVLS ; ;
PROM TRN AWY ; ;

B
CONGA BRKS 2X ; ; GLIDE 2X ; ; CONGA BRKS 2X ; ; PROM ; BAS TO BFLY ;

C
CONGA WLKS L & R ; ; CONGA WLKS FWD & BK ; ; CONGA WLKS L & R ; ;
CONGA WLKS FWD & BK ; ;

B
CONGA BRKS 2X ; ; GLIDE 2X ; ; CONGA BRKS 2X ; ; PROM ; BAS TO BFLY ;

INTLD
BK TO BK ; ; ; ;

END
CONGA WLKS L & R ; ; CONGA WLKS FWD & BK ; ; CONGA WLKS L & R ; ;
BAS ; FWD TO AIDA ; XTND ARMS ,