

SOUL SISTER

Choreographed by A.T.Kinson

Description: 32 Count, 4 Wall, Cuban (Cha Cha)

Level: Intermediate

Music: "Lady Marmalade" by All Saints (112 bpm)

Official UCWDC competition dance description

Date of usage 10 July 2008

1-9: SIDE STEP, SYNCOPATED CROSS ROCK, KNEE LIFT, SAILOR STEP, CROSS STEP, $\frac{3}{4}$ TWIST, COASTER STEP

- 1 Step LF to left side
- 2 Rock RF across LF
- & Recover on LF
- 3 Lift Right knee in figure 4
- 4 Cross RF behind LF
- & Step LF to left side
- 5 Step RF in place
- 6 Cross LF in front of RF
- 7 Twist $\frac{3}{4}$ T right ending with weight on LF
- 8 Step RF back (face 9:00)
- & Step LF together
- 1 Step LF forward

10-17: $\frac{1}{4}$ RIGHT, FORWARD ROCK, BACK PIVOT TURNING RIGHT, 2 FORWARD STEPS, SIDE BREAK, SIDE TRIPLE WITH $\frac{1}{4}$ LEFT

- 2 $\frac{1}{4}$ T right and break LF forward (face 12:00)
- 3 Recover on RF
- 4 Step LF back
- & $\frac{1}{2}$ T right and step RF forward (face 6:00)
- 5 Step LF forward
- 6 Rock RF to right side
- & Recover on LF
- 7 Step RF together
- 8 Step LF to left side
- & Step RF next to LF
- 1 $\frac{1}{4}$ T left and step LF to left side (face 9:00)

18-25: ROCK/TAP STEP, $\frac{1}{4}$ RIGHT, SIDE TRIPLE, ROCK & RONDE $\frac{1}{2}$ LEFT, COASTER STEP

- 2 Rock RF forward
- & Tap LF behind RF
- 3 Step LF back
- 4 $\frac{1}{4}$ T right and step RF to right side (face 6:00)
- & Step LF next to RF
- 5 Step RF to right side
- 6 Rock LF forward
- 7 Recover on RF making $\frac{1}{2}$ T left and LF rondé
- 8 Step LF back (face 12:00)
- & Step RF next to LF
- 1 Step LF forward

26-32: FORWARD ROCK, $\frac{1}{4}$ RIGHT, SYNCOPATED SIDE ROCK, BACK ROCK, SIDE, TOGETHER

- 2 Rock RF forward
- 3 Recover on LF
- 4 $\frac{1}{4}$ T right and rock RF to right side (face 3:00)
- & Recover on LF
- 5 Step RF next to LF
- 6 Rock LF back
- 7 Recover on RF
- 8 Step LF to left side
- & Step RF next to LF