

# BODY AND SOUL

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**Count:** 24

**Wall:** 4

**Level:** Beginner/Intermediate level

**Choreographer:** Barry Durand

**Music:** Body & Soul by Anita Baker

## Step Taps

**1,2,3** Step Forward L, Tap together R, Hold

**4,5,6** Step Back R, Tap together L, Hold

## Box Step (half), Back Lock

**1,2,3** Forward L, side R, together L,

**4,5,6** Back R, Back L, Lock (cross) R in front of L

## Traveling Pivot turn

**1,2,3** Step back L , turn  $\frac{1}{2}$  turn right step forward R, continue turning  $\frac{1}{2}$  turn right and step back L

**4** continue turning  $\frac{1}{2}$  turn right and step forward R,

**5,6** sweep left foot while turning  $\frac{1}{2}$  turn right on R foot

## Cross unwind turn, ronde, cross behind $\frac{1}{4}$ turn

**&1,2,3** Step forward L, Cross R behind L, unwind to right keeping weight forward on left a full turn and ronde (sweep) R

**4,5,6** Cross R behind L, turn  $\frac{1}{4}$  turn left and step forward L, step forward R Repeat

**Restart: Going into the 7th wall do the first 1-6 and then restart it again. She says ?Do You Hear me Baby?? what she means is Can you Restart Baby J, You could restart later in the song also , but it is near the end of the song so just keep dancing right though it. I would suggest a fade about 3:15**