

# Body & Soul (Waltz)

**COPPER KNOB**  
CHOREOGRAPHIC

Count: 24

Wall: 4

Level: intermediate waltz

Choreographer: Barry Durand (USA)

Music: Body and Soul - Anita Baker



## STEP TAPS

- 1-2-3 Step forward left, tap together right, hold  
4-5-6 Step back right, tap together left, hold

## BOX STEP (HALF), BACK LOCK

- 1-2-3 Forward left, side right, together left  
4-5-6 Back right, back left, lock (cross) right in front of left

## TRAVELING PIVOT TURN

- 1-2-3 Step back left, turn  $\frac{1}{2}$  turn right step forward right, continue turning  $\frac{1}{2}$  turn right and step back left  
4 Continue turning  $\frac{1}{2}$  turn right and step forward right,  
5-6 Sweep left foot while turning  $\frac{1}{2}$  turn right on right foot

## CROSS UNWIND TURN, RONDE, CROSS BEHIND $\frac{1}{4}$ TURN

- &1-2-3 Step forward left, cross right behind left, unwind to right keeping weight forward on left a full turn and ronde (sweep) right  
4-5-6 Cross right behind left, turn  $\frac{1}{4}$  turn left and step forward left, step forward right

## 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":)

You could restart later in the song, but it is near the end of the song so just keep dancing right though it. I would suggest a fade about 3:15

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