

Body And Soul

24 counts 4 wall, Rise and Fall (Waltz) Newcomer

Choreographer: Barry Durand (USA)

Choreographed to "Sunset in Abilene" by Caryl Mac Parker (94 BPM)

1-6: FORWARD, FORWARD, BACK

- 1 LF Step forward
- 2 RF Step forward
- 3 LF Step back
- 4 RF Step back (6:00)
- 5 LF Step back
- 6 RF Step forward

7-12: FORWARD BOX, BACK, BACK, CROSS

- 1 LF Step forward
- 2 RF Step to the side (3:00)
- 3 LF Step slightly back
- 4 RF Step back
- 5 LF Step back
- 6 RF Cross in front of LF

13-18: BACK, PIVOT, FORWARD, 1/2 TURN RIGHT, FORWARD

- 1 LF Step back, 1/2 turn right
- 2 RF Step forward (6:00)
- 3 LF Step forward
- 4 RF Step forward
- 5 Make 1/2 turn right on RF sweeping LF
- 6 LF Step slightly forward

19-24: LUNGE, RECOVER, P POINT, BACK AND DRAG

- 1 RF Lunge forward (12:00)
- 2-3 LF Recover starting ronde with RF
- 4 RF Cross behind LF, 1/4 turn left
- 5 LF Step forward (9:00)
- 6 RF Step forward

Repeat

Quelle:

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