

Body & Soul

48 count, 2 wall, intermediate level

Choreographer: Gary O'Reilly, January 2026

Choreographed to: "Body & Soul" by Chris de Sarandy

8 count intro

Section 1 R Touch & Heel & Cross & Heel & 1/8 R-Walk, Walk, Hitch & Walk

- 1&2 Touch R next to L, step R to R side tap L heel forward on L diagonal
 &3&4 Step back on L, cross R over L, step L to L side, tap R heel fwd on R diagonal with body open to R diagonal
 &5 1/8 R stepping ball of R next to L, walk forward on L (12:30)
 6 7 Walk forward on R as you begin to rise up on ball of R hitching L knee, continue hitching L
 &8 Step on ball of L next to R, walk forward on R

Section 2 L Mambo w. Sweep, Back, 1/8 L, Cross & Heel & Cross Shuffle

- 1&2 Rock forward on L, recover on R, step back on L sweeping R from front to back
 3 4 Step back on R slight crossing behind L, 1/8 L stepping L to L side (12:00)
 5&6 Cross R over L, step L to L side, tap R heel forward on R diagonal
 &7&8 Step back on R, cross L over R, step R to R side, cross L over R

Section 3 1/4 R, 2x Paddle 1/4 R, Walk, 2x Paddle 1/4 L, Samba Step

- 1 1/4 R stepping forward on R (3:00)
 2 3 1/4 R pointing L to L side, 1/4 R pointing L to L side (9:00)
 4 Walk forward on L
 5 6 1/4 L pointing R to R side, 1/4 L pointing R to R side (3:00)
 7&8 Cross R over L, rock L to L side, recover on R

Section 4 1/4 Diamond (Cross-Side-1/8 L Back, Back-1/8 L Side-Cross), Side Rock 1/4 L, Coaster Step

- 1&2 Cross L over R, step R to R side, 1/8 L stepping back on L (1:30)
 3&4 Step back on R, 1/8 L stepping L to L side, cross R over L (12:00)
 5 6 Rock ball of L to L side, recover on R making 1/4 turn L (weight ends back on R) (9:00)
 7&8 Step back on L, step R next to L, step forward on L

Section 5 R Dorothy Step, Walk, Sailor 1/2 R, Walk, Full Turn-Step

- 1 2& Step R forward on slight diagonal R, lock L behind R, step R forward on slight R diagonal
 3 Walk forward L on slight diagonal L
 4&5 Cross R behind L, 1/4 R stepping L to L side, 1/4 R stepping forward on R (3:00)
 6 Walk forward on L
 7&8 1/2 L stepping back on R, 1/2 L stepping forward on L, step forward on R (3:00)

Section 6 Stomp, Kick, Out-Out-In-Cross, Press/Lunge R, Recover 1/4 L, 2x Paddle 1/4 L

- 1 2 Stomp L next to R, kick R forward
 &3&4 Step R out to R side, step L out to L side, step in on R, cross L over R
 5 6 Press/lunge R to R side (looking over R shoulder), recover 1/4 L stepping forward on L (12:00)
 7 8 1/4 L pointing R to R side, 1/4 L pointing R to R side (6:00) ***** Tag wall 2 (12:00)**

Tag *At the end of Wall 2 facing (12:00), add the following 8 count tag:*

- Walk, 2x Paddle 1/4 R, Walk, 2x Paddle 1/4 L, Touch, Hold**
1 *Walk forward on R*
2 3 *1/4 R pointing L to L side, 1/4 R pointing L to L side (6:00)*
4 *Walk forward on L*
5 6 *1/4 L pointing R to R side, 1/4 L pointing R to R side (12:00)*
7 8 *Touch R next to L, Hold*

Quelle:

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