

## Body and Soul

24 count, 4wall, intermediate level  
Choreographer: Barry Durand (USA.) March 2005  
Choreographed to: Body And Soul by Anita Baker  
from Best of Anita Baker (120bpm)

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24 count intro

### 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

### Travelling Pivot turn

1,2,3 Step back L, turn ½ turn right step forward R, continue turning ½ turn right and step back L  
4 continue turning ½ turn right and step forward R,  
5,6 sweep left foot while turning ½ turn right on R foot

### Cross unwind turn, ronde, cross behind ¼ 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 ¼ 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

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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