



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 TOUCH & HEEL & CROSS & HEEL & 1/8 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 forward on R diagonal with body open to R diagonal
&5 1/8 R stepping ball of R next to L, walk forward on L (1:30)
6-7 Walk forward on R as you begin to rise up on ball of R hitching L knee, continue hitching L through while on ball of R
&8 Step ball of L next to R, walk forward on R

SEC 2 MAMBO SWEEP, BACK, 1/8 SIDE, CROSS & HEEL & CROSS SHUFFLE

- 1&2 Rock forward on L, recover on R, step back on L sweeping R from front to back (1:30)
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

SEC 3 1/4 STEP, PADDLE 1/4, PADDLE 1/4, WALK, PADDLE 1/4, PADDLE 1/4, CROSS SAMBA

- 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

SEC 4 1/4 DIAMOND, SIDE ROCK, RECOVER 1/4, 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

SEC 5 DOROTHY STEP, WALK, SAILOR 1/2, WALK, FULL TRIPLE TURN

- 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)



Body & Soul

Continued... Page 2 of 2

SEC 6 STOMP, KICK, OUT OUT IN CROSS, PRESS, RECOVER ¼, PADDLE ¼, PADDLE ¼

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 ¼ L stepping forward on L (12:00)

7-8 ¼ L pointing R to R side, ¼ L pointing R to R side (6:00)

Tag At the end of Wall 2

WALK, PADDLE ¼, PADDLE ¼, WALK, PADDLE ¼, PADDLE ¼, TOUCH, HOLD

1 Walk forward on R (12:00)

2-3 ¼ R pointing L to L side, ¼ R pointing L to L side (6:00)

4 Walk forward on L

5-6 ¼ L pointing R to R side, ¼ L pointing R to R side (12:00)

7-8 Touch R next to L, hold

Ending After 16 counts of Wall 6 unwind ½ R stepping forward on R



Remember to Vote for your favourite dances at www.linedancerweb.com

www.linedancefoundation.com, www.linedancer-radio.com, www.crystalbootawards.com

Email: scripts@linedancerweb.com