

# Body And Soul

**COPPER** **KNOB**  
BY STEPHEN METZ

**Compte:** 24

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Barry Durand (USA)

**Musique:** Body and Soul - Anita Baker



## 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

## Traveling 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 J, You could restart later in the song also , 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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