

Body & Soul (Waltz)

COPPER KNOB
STEPSHEETS

拍數: 24 牆數: 4 級數: Intermediate waltz
編舞者: Barry Durand (USA)
音樂: Body and Soul - Anita Baker



STEP TAPS

1-2-3 Step forward left, tap together right, hold
4-5-6 Step back right, tap together left, hold

BOX STEP (HALF), BACK LOCK

1-2-3 Forward left, side right, together left
4-5-6 Back right, back left, lock (cross) right in front of left

TRAVELING PIVOT TURN

1-2-3 Step back left, turn ½ turn right step forward right, continue turning ½ turn right and step back left
4 Continue turning ½ turn right and step forward right,
5-6 Sweep left foot while turning ½ turn right on right foot

CROSS UNWIND TURN, RONDE, CROSS BEHIND ¼ TURN

&1-2-3 Step forward left, cross right behind left, unwind to right keeping weight forward on left a full turn and ronde (sweep) right
4-5-6 Cross right behind left, turn ¼ turn left and step forward left, step forward right

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