

# Body And Soul

**COPPER KNOB**  
STEPSHETS

拍數: 24      牆數: 4      級數: Improver  
編舞者: Barry Durand (USA)  
音樂: 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