

Body & Soul

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Gary O'Reilly (IRE) - January 2026

Music: Body & Soul - Chris de Sarandy : (iTunes, Amazon & Spotify)



8 count intro

Section 1: TOUCH & HEEL & CROSS & HEEL & WALK, WALK/HITCH & WALK

- 1 & 2 Touch R next to L (1), step R to R side (&) tap L heel forward on L diagonal (2)
&3&4 Step back on L (&), cross R over L (3), step L to L side (&), tap R heel forward on R diagonal with body open to R diagonal (4)
& 5 1/8 R stepping ball of R next to L (&), walk forward on L (5) (1:30)
6 7 Walk forward on R as you begin to rise up on ball of R hitching L knee (6), continue hitching L through while on ball of R (7)
& 8 Step ball of L next to R (&), walk forward on R (8)

Section 2: L MAMBO/SWEEP, BACK, 1/8, CROSS & HEEL & CROSSING SHUFFLE

- 1 & 2 Rock forward on L (1), recover on R (&), step back on L sweeping R from front to back (2) (1:30)
3 4 Step back on R slight crossing behind L (3), 1/8 L stepping L to L side (4) (12:00)
5 & 6 Cross R over L (5), step L to L side (&), tap R heel forward on R diagonal (6)
&7&8 Step back on R (&), cross L over R (7), step R to R side (&), cross L over R (8)

Section 3: 1/4, PADDLE 1/4, PADDLE 1/4, WALK, PADDLE 1/4, PADDLE 1/4, CROSS SAMBA

- 1 1/4 R stepping forward on R (1) (3:00)
2 3 1/4 R pointing L to L side (2), 1/4 R pointing L to L side (3) (9:00)
4 Walk forward on L (4)
5 6 1/4 L pointing R to R side (5), 1/4 L pointing R to R side (6) (3:00)
7 & 8 Cross R over L (7), rock L to L side (&), recover on R (8)

Section 4: CROSS, SIDE, BACK, BACK, SIDE, CROSS, SIDE ROCK, RECOVER 1/4, COASTER STEP

- 1 & 2 Cross L over R (1), step R to R side (&), 1/8 L stepping back on L (2) (1:30)
3 & 4 Step back on R (3), 1/8 L stepping L to L side (&), cross R over L (4) (12:00)
5 6 Rock ball of L to L side (5), recover on R making 1/4 turn L (weight ends back on R) (6) (9:00)
7 & 8 Step back on L (7), step R next to L (&), step forward on L (8)

Section 5: R DOROTHY STEP, WALK, SAILOR 1/2 R, WALK, TRIPLE R-L-R

- 1 2 & Step R forward on slight diagonal R (1), lock L behind R (2), step R forward on slight R diagonal (&)
3 Walk forward L on slight diagonal L (3)
4 & 5 Cross R behind L (4), 1/4 R stepping L to L side (&), 1/4 R stepping forward on R (5) (3:00)
6 Walk forward on L (6)
7 & 8 1/2 L stepping back on R (7), 1/2 L stepping forward on L (&), step forward on R (8) (3:00)

Section 6: STOMP, KICK, OUT OUT IN CROSS, PRESS/LUNGE, RECOVER 1/4, PADDLE 1/4, PADDLE

- 1/4
1 2 Stomp L next to R (1), kick R forward (2)
&3&4 Step R out to R side (&), step L out to L side (3), step in on R (&), cross L over R (4)
5 6 Press/lunge R to R side (looking over R shoulder) (5), recover 1/4 L stepping forward on L (6) (12:00)
7 8 1/4 L pointing R to R side (7), 1/4 L pointing R to R side (8) (6:00) *Tag (End of Wall 2)

*Tag: At the end of Wall 2 facing (12:00), add the following 8 count tag:

WALK, PADDLE 1/4, PADDLE 1/4, WALK, PADDLE 1/4, PADDLE 1/4, TOUCH, HOLD

- 1 Walk forward on R (1) (12:00)
- 2 3 ¼ R pointing L to L side (2), ¼ R pointing L to L side (3) (6:00)
- 4 Walk forward on L (4)
- 5 6 ¼ L pointing R to R side (5), ¼ L pointing R to R side (6) (12:00)
- 7 8 Touch R next to L (7), HOLD (8)

then restart dance from the beginning.

****ENDING: Dance 16 counts of Wall 6 then add the following to end facing (12:00): unwind ½ R stepping forward on R (12:00).**

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