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	¼ R stepping forward on R (1) (3:00)
2 3	¼ R pointing L to L side (2), ¼ R pointing L to L side (3) (9:00)
4	Walk forward on L (4)
5 6	¼ L pointing R to R side (5), ¼ L pointing R to R side (6) (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 ¼ 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), ¼ R stepping L to L side (&), ¼ R stepping forward on R (5) (3:00)
6	Walk forward on L (6)
7 & 8	½ L stepping back on R (7), ½ 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	¼ L pointing R to R side (7), ¼ 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 ¼, 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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