

Body & Soul

Body & Soul — Chris de Sarandy



Intermédiaire

CHORÉGRAPHE	COMPTES	MURS	ANNÉE
Gary O'Reilly	32	4	

TAGS
1

INTRODUCTION
8 count intro

SECTION 1	CHORÉGRAPHIE
COMPTES	PAS
8	count intro

SECTION 2	TOUCH & HEEL & CROSS & HEEL & WALK, WALK/HITCH & WALK
COMPTES	PAS
1 & 2	Touch R next to L (1), step R to R side (&) tap L heel forward on L diagonal (2)
6	7 Walk forward on R as you begin to rise up on ball of R hitching L knee (6), continue hitching L

SECTION 3	L MAMBO/SWEEP, BACK, 1/8, CROSS & HEEL & CROSSING SHUFFLE
COMPTES	PAS
1 & 2	Rock forward on L (1), recover on R (&), step back on L sweeping R from front to back (2)
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)

SECTION 4	1/4, PADDLE 1/4, PADDLE 1/4, WALK, PADDLE 1/4, PADDLE 1/4, CROSS SAMBA
COMPTES	PAS
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 5 CROSS, SIDE, BACK, BACK, SIDE, CROSS, SIDE ROCK, RECOVER 1/4, COASTER STEP

COMPTES	PAS
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 6 R DOROTHY STEP, WALK, SAILOR 1/2 R, WALK, TRIPLE R-L-R

COMPTES	PAS
1	2 & Step R forward on slight diagonal R (1), lock L behind R (2), step R forward on slight R
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 7 STOMP, KICK, OUT OUT IN CROSS, PRESS/LUNGE, RECOVER 1/4, PADDLE 1/4, PADDLE

COMPTES	PAS
1	2 Stomp L next to R (1), kick R forward (2)
5	6 Press/lunge R to R side (looking over R shoulder) (5), recover 1/4 L stepping forward on L (6)
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)

SECTION 8 WALK, PADDLE 1/4, PADDLE 1/4, WALK, PADDLE 1/4, PADDLE ¼, TOUCH, HOLD

COMPTES	PAS
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)

NOTES

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 $\frac{1}{2}$ R stepping forward on R (12:00).

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