

# Body And Soul

(A Basic International Foxtrot)



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Record: Telemaek 917 (flip of "Kiss Me Goodbye")

Footwork: Opposite, directions for man (lady as noted)

Rhythm & Phase: Foxtrot V+2

Sequence: **Intro A B C A B C(1-7) Tag**

Timing: SQQ except where noted

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## Meas

## INTRO

### 1-4 WAIT;; HOVER; FEATHER;

1-2 Wait 2 meas in CP M fcg DLW;;

3 **{Hover}** Fwd L, -, sd R rising, rec L end SCP fcg DLC;

4 **{Feather}** Thru R, -, fwd L w/ L-shoulder lead, fwd R outside ptr (W thru L, -, trng LF sd & bk R, bk L) end BJO M fcg DLC;

## PART A

### 1-4 REV TRN;; THREE STEP; NAT TRN;

1-2 **{Rev Trn}** BJO M fcg DLC fwd L blending CP comm trng LF, -, sd R twd DLC, cont trng LF bk L twd LOD (W bk R comm trng LF, -, bringing L to R w/ no wgt chg heel trn LF on R transfer wgt to L, fwd R) end CP M fcg RLOD; Bk R comm trng LF, -, cont trng LF sd & slightly fwd L, fwd R outside ptr (W fwd L comm trng LF, -, cont trng LF sd & bk R, bk L) end BJO M fcg DLW;

3 **{Three Step}** Fwd L blending CP, -, fwd R slightly curving twd LOD R-shoulder leading, fwd L (W bk R, -, bk L slightly curving LF L-shoulder leading, bk R) end CP M fcg LOD;

4 **{Nat Trn}** Fwd R comm trng RF, -, sd & bk L twd DLW, bk R twd LOD (W bk L comm trng RF, -, bring R to L with no wgt heel trn RF on L transfer wgt to R, fwd L twd LOD) end CP M fcg RLOD;

### 5-8 BK TRNG WHISK; PROM WEAVE;; CHG OF DIRECTION;

5 **{Bk Trng Whisk}** Bk L comm trng RF, -, cont trng RF sd & bk R leading W to SCP, XLIB (W fwd R comm trng RF, -, cont trng RF sd & fwd L around M, XRIB) end SCP fcg COH;

SQQ 6-7 **{Prom Weave}** Thru R, -, fwd L blending CP comm trng LF, sd & bk R (W thru L comm trng LF to cross IF of M, -, sd & bk R, sd & fwd L preparing to step outside); Bk L in BJO twd LOD, bk R comm trng LF, sd & fwd L, fwd R in BJO (W fwd R outside ptr, fwd L comm trng LF, sd R, bk L in BJO);

SS 8 **{Chg of Direction}** Fwd L blending CP comm trng LF, -, sd R twd DLW w/ R-shoulder lead drawing L to R (W bk R comm trng LF, -, sd L twd DLW w/ L-shoulder lead drawing R to L, -) end CP M fcg DLC;

### 9-12 OPEN TELEMAR; CURVED FEATHER; BK FEATHER; FEATHER FIN;

9 **{Open Telemar}** Fwd L comm trng LF, -, sd R cont trng LF, sd & fwd L (W bk R comm trng LF, -, bring L to R without wgt heel trn on R transfer wgt to L, sd & fwd R) end SCP fcg DLW;

10 **{Curved Feather}** Thru R comm curving to R twd DRW, -, fwd L, fwd R twd DRW checking in BJO (W thru L, -, sd & bk R, bk L checking) end BJO M fcg DRW;

11 **{Bk Feather}** Bk L, -, bk R leading R-shoulder, bk L slightly curving twd LOD (W fwd R, -, fwd L leading L-shoulder, fwd R) end BJO M fcg RLOD;

12 **{Feather Fin}** Bk R comm LF trn, -, sd & fwd L, fwd R in BJO (W fwd L comm LF trn, -, sd R, bk L in BJO) end BJO M fcg DLW;

### 13-16 THREE STEP; NAT TRN; OPEN IMPETUS; CHAIR & SLIP;

13-14 BJO M fcg DLW repeat Meas 3-4 of Part-A;;

15 **{Open Impetus}** CP M fcg RLOD bk L comm RF trn, -, bringing R to L with no wgt heel trn on L transfer wgt to R, fwd L (W fwd R comm RF trn, -, sd & fwd L, fwd R after brushing R to L) end SCP fcg DLC;

16 **{Chair & Slip}** Fwd R twd DLC fwd poise looking straight fwd, -, rec L, slip R R bk toe turned in (W fwd L, -, rec R swiveling LF, fwd L short step btwn M's ft) end CP M fcg DLC;

**PART B****1-4 CLOSED TELEMAR; NAT WEAVE;; WHISK;**

- 1 **{Closed Telemark}** CP M fcg DLC fwd L comm LF trn, -, cont LF trn sd R, sd & slightly fwd L in BJO (W bk R comm LF trn, -, bring L to R with no wgt trng on R heel transfer wgt to L, sd & bk R) end BJO M fcg DLW;
- SQQ 2-3 **{Nat Weave}** Fwd R comm RF trn, -, sd L twd DLW cont slight RF trn, bk R twd DLC w/ R-shoulder  
 QQQQ lead (W bk L comm RF trn, -, Bring R to L with no wgt heel trn on L transfer wgt to R, fwd L preparing to step outside L-shoulder lead); Bk L twd DLC in BJO, bk R comm LF trn, sd & fwd L L twd DLW fc WALL, fwd R in BJO (W fwd R twd DLC in BJO, fwd L comm LF trn, sd R cont LF trn, bk L twd DLW in BJO) end BJO M fcg DLW;
- 4 **{Whisk}** Fwd L blending CP, -, sd & slightly fwd R, XLIB end SCP fcg DLC;

**5-8 WING; OPEN TELEMAR; HOVER CROSS;;**

- S-- 5 **{Wing}** Thru R comm slight LF trn, -, draw L to R, tch L to R (W thru L, -, fwd R around M, fwd L in  
 (W SQQ) SCAR with sway to L) end SCAR M fcg DLC;
- 6 **{Open Telemark}** Repeat Meas 9 of Part A except start from SCAR Pos;
- SQQ 7-8 **{Hover Cross}** Thru R comm RF trn crossing IF of W, -, sd L cont RF trn fcg DRW, cont trng RF sd  
 QQQQ R twd DLW (W thru L, -, fwd R btwn M's ft cont RF trn, sd L twd DLW); XLIF in SCAR sway L, rec R, sd & fwd L twd DLC, fwd R (W XLIB in SCAR sway R, rec L, sd & bk R, bk L) end BJO M fcg DLC;

**PART C****1-4 REV WAVE;; CLOSED IMPETUS; FEATHER FIN;**

- 1-2 **{Rev Wave}** BJO M fcg DLC fwd L blending CP comm LF trn, -, sd R twd DLC, bk L twd DLW (W  
 bk R comm LF trn, -, bring L to R with no wgt heel trn on R transfer wgt to L, fwd R twd DLW); Bk R  
 comm slight curving twd LOD, -, bk L, bk R (W fwd L comm slight curving twd LOD, -, fwd R, fwd L)  
 end CP M fcg RLOD;
- 3 **{Closed Impetus}** Bk L comm RF trn, -, bring R to L with no wgt heel trn on L transfer wgt to R, sd  
 & slightly bk L (W fwd R comm RF trn, -, sd L, fwd R after brushing R to L) end CP M fcg DLW;
- 4 **{Feather Fin}** Bk R comm LF trn, -, sd L preparing to step outside ptr L-shoulder lead, fwd R (W  
 fwd L comm LF trn, -, sd & bk R, bk L) end BJO M fcg DLC;

**5-8 REF FALLAWAY & SLIP; THROWAWAY OVERSWAY; LINK TO SCP; FEATHER;**

- SQ&Q 5 **{Rev Fallaway & Slip}** Fwd L comm LF trn, -, sd & bk R twd LOD leading W to SCP/bk L twd LOD  
 in SCP fcg RLOD, slip R bk toe trnd in keep L crossed IF of R (W bk R, -, bk L twd LOD/bk R in  
 SCP, keeping L crossed IF of R slip L fwd trng LF) end CP M fcg DLW;  
 (Note: Timing can be QQQQ if you feel comfortable)
- SS 6 **{Throwaway Oversway}** Sd & slightly bk L & body reach, -, flex L knee poinr R twd DRW, - (W sd  
 & fwd R bring L to R no wgt swiveling LF to fc RLOD, -, slide L straight bk twd LOD & relax R knee  
 look well over L-shoulder);
- SQQ 7 **{Link to SCP}** Start rising on L draw R to L no wgt correcting sway, -, cl R to L on toe, sd & fwd L  
 small step (W rise gracefully on R fan L CW, -, cl L to R on toe, sd R in SCP) end SCP fcg DLC;
- 8 **{Feather}** Repeat Meas 4 of INTRO;

**TAG** After Meas 7 of Part-C 2nd time thru

- S&S 8 **{Thru to Opposition Line}** SCP fcg DLC thru R, -, fwd L small step slightly sway L/relax L knee  
 extending R twd DRW trng slightly LF chg sway to R look W, - (W thru L, -, fwd R small step slightly  
 sway R/ relax R knee extending L twd DLC sway L look well over L keeping body close to ptr, -);