

"BODY AND SOUL"
(A Basic International Foxtrot)

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Composers: Kenji & Nobuko Shibata, Denen Heights 3-307, 19 Wakamatsu 6-Chome,
Sagamihara, Kanagawa Pref. 229, Japan Tel: 0427-43-2105
Record: Telemark 917 (Flip of "KISS ME GOODBYE")
Footwork: Opposite, directions for M except where noted
Sequence: Intro - A - B - C - A - B - C (1-7) - TAG

MEAS INTRODUCTION

1-4 WAIT: WAIT: HOVER: FEATHER FINISH:
1-2 In CP/DW wait 2 meas;;
SQQ 3 (Hover)Fwd L,--sd R rising,rec L to SCP/DC;
SQQ 4 (Feather Finish)Thru R,--fwd L leading L shoulder,fwd R in mod-Bjo/
/DC(W thru L,--sd & bk R,bk L in mod-Bjo);

PART A

1-4 REVERSE TURN;; THREE STEP; NATURAL TURN;
SQQ 1-2 (Reverse Turn)Fwd L blend CP commence LF trn,--sd R twd DC,bk L twd
LOD(W bk R,--bring L to R with no wgt heel trn on R transfer wgt to L,fwd R); bk R commence LF trn,--sd & slightly fwd L to wall, fwd R
in mod-Bjo/DW(W fwd L commence LF trn,--sd & bk R, bk L in mod-Bjo);
SQQ 3 (Three Step)Fwd L blend CP,--fwd R slightly curving twd LOD leading
R shoulder,fwd L in CP/LOD(W bk R,--bk L leading L shoulder,bk R);
SQQ 4 (Natural Turn)Fwd R commence RF trn,--sd & bk L twd DW,bk R twd LOD
in CP/LOD (W bk L,--bring R to L with no wgt heel trn on L transfer
wgt to R,fwd L twd LOD);
5-8 BACK WHISK: PROMENADE WEAVE;; CHANGE OF DIRECTION;
SQQ 5 (Back Whisk)Bk L commence RF trn,--sd & bk R leading W to SCP,XLIB
end in SCP/COH(W fwd R,--sd & fwd L arnd M,XRIB);
SQQ 6-7 (Promenade Weave)Thru R,--fwd L blend CP commence LF trn,sd & bk R
QCCQ (W thru L commence LF trn to cross M,--sd & bk R,sd & fwd L preparing
to step outside); bk L in mod-Bjo twd LOD,bk R commence LF trn,
sd & fwd L,fwd R in mod-Bjo/DW(W fwd R,fwd L commence LF trn,sd R,
bk L in mod-Bjo);
SS 8 (Change Of Direction)Fwd L blend CP commence LF trn,--sd R twd DW
R shoulder lead draw L to R end in CP/DC,-- (W bk R commence LF trn,--
sd L twd DW L shoulder lead draw R to L,--);
9-12 OPEN TELEMARK: CURVED FEATHER: BACK FEATHER: FEATHER FINISH;
SQQ 9 (Open Telemark)Fwd L commence LF trn,--sd R cont' LF trn,sd & fwd L
end in SCP/DW (W bk R commence LF trn,--bring L to R with no wgt
heel trn on R transfer wgt to L, sd & fwd R in SCP);
SQQ 10 (Curved Feather)Thru R commence curving to R twd RDW,--fwd L,fwd R
twd RDW checking in mod-Bjo(W thru L,--sd & bk R,bk L checking);
SQQ 11 (Back Feather)Bk L,--bk R leading R shoulder,bk L slightly curving
twd LOD in mod-Bjo/LOD(W fwd R,--fwd L leading L shoulder,fwd R
in mod-Bjo);
SQQ 12 (Feather Finish)Bk R commence LF trn,--sd & fwd L,fwd R end in
mod-Bjo/DW(W fwd L commence LF trn,--sd R,bk L in mod-Bjo);
13-16 THREE STEP; NATURAL TURN; OPEN IMPETUS; CHAIR & SLIP;
SQQ 13 Repeat action of meas 3 Part A;
SQQ 14 Repeat action of meas 4 Part B;
SQQ 15 (CP/LOD)(Open Impetus)Bk L commence RF trn,--bring R to L with no
wgt heel trn on L transfer wgt to R,fwd L end in SCP/DC(W fwd R
commence RF trn,--sd & fwd L,fwd R after brushing R to L);
SQQ 16 (SCP/DC)(Chair & Slip)Fwd R twd DC poise fwd look straight fwd,--
rec L,slip R bk toe trnd in end in CP(W fwd L,--rec R swiveling LF,
fwd L short step between M's feet);

"BODY AND SOUL" (cont'd)

PART B

1-4 CLOSED TELEMARK: NATURAL WEAVE;; WHISK;
SQQ 1 (Closed Telemark)Fwd L commence LF trn,--cont' LF trn sd R,
sd & slightly fwd L end in mod-Bjo/DW(W bk R commence LF trn,--
bring L to R with no wgt heel trn on R transfer wgt to L,sd & bk R);
SQQ 2-3 (Natural Weave)Fwd R commence RF trn,--sd L twd DW cont' slight RF
RF trn,bk R twd DC B shoulder lead(W bk L commence 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 DC in mod-Bjo,bk R commence LF trn,sd & fwd L twd DW
fc wall,fwd R in mod-Bjo/DW(W fwd R twd DC in mod-Bjo,fwd L commence
LF trn,sd R cont' LF trn,bk L twd DW in mod-Bjo);
SQQ 4 (Whisk)Fwd L blend to CP,--sd & slightly fwd R,XLIB end in SCP/DC;
5-8 WING: OPEN TELEMARK: HOVER CROSS;;
SQQ 5 (Wing)Thru R commence slight LF trn,--draw L to R,th L to R end in
mod-Scar/DC(W thru L,--fwd R around M,fwd L in mod-Scar sway L);
SQQ 6 (Open Telemark)Repeat action of meas 9 Part A except start from
mod-Scar pos;
SQQ 7-8 (SCP/DW)(Hover Cross)Thru R commence RF trn cross in fron of W,--
QCCQ sd L cont' RF trn fc RDW,sd R twd DW(W thru L,--fwd R between M's
feet cont' RF trn,sd L twd DW);
XLIB in mod-Scar sway L,rec R,sd & fwd L,fwd R end in mod-Bjo/DC
(W XLIB in mod-Scar sway R,rec L,sd R,bk L in mod-Bjo);

PART C

1-4 REVERSE WAVE;; CLOSED IMPETUS: FEATHER FINISH;
SQQ 1-2 (Reverse Wave)Fwd L blend CP commence LF trn,--sd R twd DC,bk L
SQQ twd DW(W bk R commence LF trn,--bring L to R with no wgt heel trn
on R transfer wgt to L,fwd R twd DW);
Bk R commence slight curving twd LOD,--bk L,bk R end in CP/LOD
(W fwd L commence slight curving twd LOD,--fwd R,fwd L);
SQQ 3 (Closed Impetus)Bk L commence RF trn,--bring R to L with no wgt
heel trn on L transfer wgt to R,sd & slightly bk L end in CP/DW
(W fwd R commence RF trn,--sd L,fwd R after brushing R to L);
SQQ 4 (Feather Finish)Bk R commence LF trn,--sd L preparing to step outside
L shoulder lead,fwd R end in mod-Bjo/DC(W fwd L commence LF trn,--
sd & bk R,bk L in mod-Bjo);
5-8 REV FALLAWAY & SLIP: THROWAWAY OVERSWAY: RISE TO SCP; FEATHER FINISH;
SQQ 5 (Reverse Fallaway & Slip Pivot)Fwd L commence LF trn,--sd & bk R
twd LOD leading W to SCP/bk L twd LOD in SCP/LOD,slip R bk toe trnd
in hold L IFR end in CP/DW(W bk R,--bk L twd LOD/bk R in SCP hold L
IFR,slip L fwd trng LF);
SS 6 (Throwaway Oversway)Sd & slightly bk L & body reach,--flex L knee
point R twd RDW sway R,--(W sd & fwd R bring L to R no wgt swiveling
to fc RLOD,--slide L straight bk twd LOD & relax R knee look well
over L shoulder,--);
SQQ 7 Start rising on L draw R to L with no wgt correcting sway,--cl R to
L on toe,sd & fwd L small step end in SCP/DC(W rise gradually on R
fan L CW,--cl L to R on toe,sd R in SCP);
SQQ 8 (Feather Finish)Repeat action of Meas 4 Intro;

TAG: After Meas 7 Part C 2nd time thru

S&S 8 (SCP/DC)(Opposite Line)Thru R,--fwd L small step sway L slightly/
relax L extend R twd RDW trning slightly L change sway to R look W
(W thru L,--fwd R small step sway R slightly/relax R extend L thru
twd DC sway L look well over L keep body close to ptr) and hold;