

BODY AND SOUL

By Bud & Shirley Parrott , Albany, Oregon

RECORD: "Body and Soul" - Telemark 917 B
POSITION: INTRO: Diag Open-facing; DANCE: CP M fcg LOD
FOOTWORK: Opposite; directions for M except where noted
SEQUENCE: INTRO - ABC - ABC(thru Meas 31) - ENDING

MEASURES

INTRODUCTION

- 1-4 WAIT; WAIT; APART,-,POINT,-; TOGETHER(CP LOD),DRAW,-,-;
1-2..In Open-fcg M fcg diag wall.& LOD wait 2 meas;;
3-4..Apt L,-,pt R twd ptr,-; Tog R to CP M fcg LOD,draw L to R(no wt),-,-;

PART A

- 1-4 (CP LOD)FWD TWO-STEP; (SCis)SIDE,CLOSE,CROSS(Bjo),-;
FWD,CLOSE,CROSS,SIDE; FWD,LOCK,FWD,-;
1... (CP LOD)One fwd two-step LOD L,R,L,-;
2... (SCis)Side R,close L,XRIF(W XIB) to end MOD BJO M fcg LOD,-;
3-4..(Mod Bjo LOD)Fwd L,close R,XLIB(W XIF),side R; Fwd L,lock RIB(W IF),fwd L,-;
5-8 (Mod Bjo LOD)MANUV,-,SIDE,CLOSE; SPIN TRN,-,2,3; BK,-,SIDE,CLOSE;
(Tango Draw)FWD,SIDE,DRAW,-;
5... (Mod Bjo LOD)M maneuver R,-,L,R to end CP M fcg RLOD;
6... (Spin Trn)Bk L pivot 1/2 RF to face LOD,-,fwd R rising on toe & leaving L
leg extended, recover B;
7... (1/2 Box Bk)Bk R twd RLOD,-,swd L twd COH,close R to L to end CP M fcg LOD;
8... (Tango Draw)Fwd L LOD,swd R twd wall,draw L to R(no wt),-;
9-16 REPEAT ACTION MEAS 1 THRU 8.

PART B

- 17-20 (CP LOD)RUN,2,3(Bjo),-; RUN,2,3(OP),-; (Drop hands)CROSS,SIDE,CROSS,FLARE;
CROSS,SIDE,CROSS(OP),-;
17-18.(CP LOD)Run fwd L,R,L blending to BJO M fcg LOD,-; Run fwd R,L,R(W trn RF)
to end momentary OP fcg LOD,-;
19-20.(Drop handhold)Change sides M XIB of W moving diag twd LOD & wall XLIF of
R,side R,XLIF of R,flare R arnd CCW(W XIF of M diag LOD & COH XRIF of L,
side L,XRIF of L,flare L arnd CW)to end fcg LOD M on outside of circle;
Change sides again M XIB of W moving diag twd LOD & COH XRIF of L,side
L,XRIF of L(W XIF of M diag LOD & wall XLIF of R,side R,XLIF of R)to
end OP fcg LOD,-;
21-24 (OP LOD)(Dbl Hitch)FWD,CLOSE,BK,-; BK,CLOSE,FWD/FACE(CP),-; VINE,2,3,4;
PIVOT,2,RUN,2;
21-22.(Dbl Hitch)Fwd L LOD,close R,bk L,-; Bk R,close L,fwd R trng to face
ptr & wall in CP,-;
23-24.(CP wall)Side L,XRIB(W XIB),side L,XRIF(W XIF); Do a 3/4 RF cpl pivot
L,R to end CP M fcg LOD,run fwd L,R;

PART C

- 25-28 (Telemark to SCP)FWD/TRN LF,-,TRN,FWD; PICKUP(CP wall),-,(Whisk)FWD,SIDE;
HOOK,-,THRU,-; (Face)SIDE,CLOSE,SIDE,CLOSE;
25... (CP LOD)(Open Telemark)Fwd L start LF trn,-,continue trn side R twd LOD &
COH leave L leg extended,continue trn side & fwd L twd wall in SCP(W bk
COH & LOD start LF trn,-,bring L to R no wt trng on R heel transfer wt
to L,side & fwd R twd wall)to end SCP fcg wall;
26-27.(SCP wall)M small step fwd R picking up W to end CP M fcg wall(W trn LF
to CP),-,(Whisk)fwd L twd wall,side R; Hook LIB of R(W XIB)rising on
toes to end SCP fcg LOD,-,step thru R LOD,-;
28... (SCP LOD)Blend to CP M fcg wall side L,close R,side L,close R;
29-32 (CP wall)(Hover)FWD,-,SIDE,RECOV(SCP); THRU/MANUV(CP),-;SIDE,CLOSE;
IMPETUS TRN,-,2,FWD(SCP); PICKUP(CP),-;RUN,2;
29... (CP wall)(Hover)Fwd L twd wall,-,side & fwd R rising on toes & hover,
recover L blending to SCP fcg LOD;
30... (SCP LOD)M maneuver R,-,L,R to CP fcg RLOD(W fwd L,-,R,L small steps);
31... (Impetus to SCP)Bk L pivot RF,-,close R,side & fwd L LOD in SCP(W fwd R
between M's feet pivot RF,-,side L twd wall & LOD continue RF trn,tch R
to L(as a pendulum)& step side & fwd R to SCP fcg LOD);

MEASURES

32...(SCP LOD)M small step fwd R picking up W to end CP M fcg LOD(W trn LF to CP),-,run fwd LOD L,R;

REPEAT DANCE THRU MEAS 31; SUBSTITUTE THE FOLLOWING FOR MEAS 32:

MEASURE 32 -- SECOND TIME THRU -- PICKUP,-,APART,-;

Pickup W to end diag fcg LOD & wall,-,step diag apart L(M bk RLOD & COH & W bk LOD & wall)M's R & W's L hands joined leaving R ft slightly extended & pointed twd ptr to Ack,-;