body + soul

in the groove

TWENTY-FOUR SENSUAL GROOVES
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DISC ONE

1. Love Power
   Dionne Warwick and Jeffrey Osborne

2. Stuck on You
   Lionel Richie

3. United Together
   Aretha Franklin

4. Who's Holding Donna Now?
   DeBarge

5. Inseparable
   Natalie Cole

6. It's Been a Long Time
   The New Birth

7. Give Me the Night
   George Benson

8. You Can't Change That
   Raydio

9. This Time I'll Be Sweeter
   Angela Bofill

10. Love Changes
    Kashif and Meli'sa Morgan

11. Sunshine
    Mtume

12. Enchantment
    GQ

DISC TWO

1. Your Love
   Is Rated X
   Johnnie Taylor

2. Touch Me Baby (Reaching Out for Your Love)
   Tamiko Jones

3. Let Me Be the Clock
   Smokey Robinson

4. This Time
   Kiara (With Shanice Wilson)

5. Magic Man
   Robert Winters and Fall

6. Weak
   SWV

7. Show and Tell
   Al Wilson

8. Show Me
   Glenn Jones

9. Take My Heart (You Can Have It If You Want It)
   Kool and the Gang

10. You, Me and He
    Mtume

11. Free
    Deniece Williams

12. Oh What a Night
    The Dells