

Ball and Chain

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Sophie Ruhling (FR) - January 2019

Musique: Ball and Chain (feat. Connie Britton & Will Chase) - Nashville Cast



#16 count intro – CW - 1 TAG - 1 RESTART - 1 ENDING

SECT.1 : WALK R, WALK L, SAILOR STEP R, SAILOR STEP L, MILITARY 1/4 TURN L

- 1-2 walk R, walk L
- 3&4 cross R behind L, step L to L side, step R to R side
- 5&6 cross L behind R, step R to R side, step L to L side
- 7-8 walk R, 1/4 turn L (weight on L) (9.00)

***Ending 12.00 : stomp R fwd**

SECT.2 : ROCK STEP R FWD, TRIPLE STEP R 1/2 TURN R, TRIPLE STEP L 1/2 TURN R, ROCK STEP R BACK

- 1-2 rock step R fwd, recover on L
- 3&4 1/4 turn R step R to R side, step L beside R, 1/4 turn R walk R
- 5&6 1/4 turn R step L to L side, step R beside L, 1/4 turn R back L
- 7-8 rock step R back, recover on L

***Restart here wall 4 (6.00)**

SECT.3 : SKATE R, SKATE L, TRIPLE STEP R FWD, 1/4 TURN L, TRIPLE STEP L FWD, BOOGIE WALK R, BOOGIE WALK L

- 1-2 skate R fwd, skate L fwd
- 3&4 walk R, walk L beside R, walk R
- 5&6 1/4 turn L walk L, walk R beside L, walk L (6.00)
- &7-&8 boogie walk R, boogie walk L (R hip to R & walk R, L hip to L & walk L)

SECT.4 : HEEL GRIND R, COASTER STEP R BACK, HEEL GRIND L 1/4 TURN L, COASTER STEP L BACK

- 1-2 heel grind R (R toe to R, step L in place)
- 3&4 back R, back L beside R, walk R
- 5-6 heel grind L with 1/4 turn L (L toe to L with 1/4 turn L & step R in place) (3.00)
- 7&8 back L, back R beside L, walk L

***Tag : here wall 7 (3.00) : REPEAT SECT.4**

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