

Ball and Chain

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Marie Pietersz (AUS) - July 2020

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



Start after 16 beats at vocals - 2 restarts

S1: Shuffle to R, rock back, recover, shuffle to L, rock back, recover

1&2 3-4 To R side shuffle RLR, rock back L behind R, recover on R

5&6 7-8 To L side shuffle LRL, rock back R behind L, recover on L

Restart here on 7th wall facing 6.00

S2: Boogie walks R L R L, 2 x kick ball changes

9-12 Swivel toes to R, then to L, stepping forward on balls of feet in swivel action

13&14, 15&16 Kick R forward, step R back, step L next to R, Kick R forward, step R back, step L next to R

Fun hands: On boogie walks, hands out to sides

Restart here on 4th wall facing 9.00

S3: Rock forward with R, turn ½ R, shuffle, rock forward with L, ½ L, shuffle

17-18 19&20 Step R forward, ½ R turn, shuffle RLR

21-22 23&24 Step L forward, ¼ L turn, shuffle LRL (3.00)

S4: Full Monterey turn

25-28 Step R to R side, return to base, while pushing off turn ½ R, point L to L side (9.00)

29-32 Step R to R side, return to base, while pushing off turn ½ R, point L to L side (3.00)

To end dance to the front, turn ¼ R after boogie walks.

REPEAT AND ENJOY

I do not own the music

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