

Ball & Chain

拍数: 32 墙数: 1
编舞者: Roberto Bresciani (IT) - June 2019
音乐: Ball and Chain - Kevin Fowler

级数: Ultra Beginner - Contra / Circle



CIRCLE CONTRA DANCE

Start with lyrics

(S1) Rocking Chair Right, Out in Jump, Clap, In in Jump, Clap

1-2 Step Right Forward; Return Onto Left
3-4 Step Right Back; Return Onto Left
5-6 In Jump Step Diagonally Right & Left; Clap
7-8 In Jump Return in Second Position Right & Left; Clap

(S2) Step Right to Right Side, Step Left Beside Right, Stomp Right, Stomp Left, Heel Switches

1-2 Step Right to Right Side; Step Left Beside Right
3-4 Stomp Right; Stomp Left
5-6 Step Right Heel Forward; Step Right Beside Left
7-8 Step Left Heel Forward; Step Left Beside Right

(S3) Step Right Forward, Step Left Forward; Step Right Forward, Kick Left & Clap, Step Left Back, Step Right Back, Step Left Back, Touch Right & Clap

1-2 Step Right Forward; Step Left Forward
3-4 Step Right Forward; Kick Left Forward & Clap
5-6 Step Left Back; Step Right Back
7-8 Step Left Back; Touch Right Beside Left & Clap

(S4) Step Right to Right Side, Step Left Beside Right, Stomp Right, Stomp Left, Pivot 1/2 Left, Pivot 1/2 Left

1-2 Step Right to Right Side; Step Left Beside Right
3-4 Stomp Right; Stomp Left
5-6 Step Right Forward; Turn 1/2 Left
7-8 Step Right Forward; Turn 1/2 Left

CONTRA DANCE (In Line)

Start with lyrics

(S1) Rocking Chair Right, Out in Jump, Clap, In in Jump, Clap

1-2 Step Right Forward; Return Onto Left
3-4 Step Right Back; Return Onto Left
5-6 In Jump Step Diagonally Right & Left; Clap
7-8 In Jump Return in Second Position Right & Left; Clap

(S2) Step Right to Right Side, Step Left Beside Right, Stomp Right, Stomp Left, Heel Switches

1-2 Step Right to Right Side; Step Left Beside Right
3-4 Stomp Right; Stomp Left
5-6 Step Right Heel Forward; Step Right Beside Left
7-8 Step Left Heel Forward; Step Left Beside Right

(S3) Step Right Forward, Step Left Forward, Step Right Forward, Kick Left & Clap, Step Left Back, Step Right Back, Step Left Back, Step Right Beside Left & Clap

1-2 Step Right Forward; Step Left Forward
3-4 Step Right Forward; Kick Left Forward & Clap
5-6 Step Left Back; Step Right Back

7-8 Step Left Back; Step Right Beside Left & Clap

(S4) Step Left to Left Side, Touch Right Beside Left, Stomp Right, Stomp Left, Pivot 1/2 Left, Pivot 1/2 Left

1-2 Step Right to Right Side; Step Left Beside Right

3-4 Stomp Right; Stomp Left

5-6 Step Right Forward; Turn 1/2 Left

7-8 Step Right Forward; Turn 1/2 Left
