

Ball and Chain

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Heather Gronow (UK) - April 2024
音乐: Ball and Chain (feat. Connie Britton & Will Chase) - Nashville Cast



1 tag / 2 restarts

Intro : 16 counts

Section 1: Vine right, Hitch, Step Hitch, Step Hitch

1-4 Step R foot to side, cross L behind, Step R to side, Hitch L knee

5-8 Step fwd on L, Hitch R knee, Step fwd on R, Hitch L knee

Section 2 : Walk back, back, back, Hitch, Hip bumps right left

1-4 Walk back L, R, L, Hitch R knee

5-8 Step R to side as you bump hips twice to right, twice to left

Section 3 : Shuffle fwd, Rock rec. Shuffle back, Rock rec.

1&2 Step fwd R, step L next to R, Step fwd R

3-4 Rock fwd onto L, recover weight onto R

5&6 Step back L, step R next to L, Step back L

7-8 Rock back on R, recover on L

Section 4 : Jazzbox, Touch, Vine L ¼ turn, Scuff

1-4 Cross R over left, Step back L, Step R to side, Touch L toe to R

5-8 Step L to side, Cross R behind, Step L ¼ turn left, Scuff R foot

(alternate: Rolling vine with ¼ turn)

*Restart after 16 counts (hip bumps) wall 4

*Tag after 6 counts section 1, wall 9, Stomp R,L then restart (both times facing 3 o'clock)