

Ball & Chain

拍数: 64 墙数: 2 级数: Improver
编舞者: David Cheshire (AUS)
音乐: Ball and Chain - Paul Overstreet



RIGHT HOOK, RIGHT 45, FLICK KICK, RIGHT HOOK, RIGHT 45, STEP

- 1-2 Step right heel forward at 45 degrees, bring right foot across left shin
- 3-4 Step right heel forward at 45 degrees, flick right foot back to the right
- 5-6 Repeat steps 1-2
- 7-8 Step right heel forward at 45 degrees, step right foot down next to left

LEFT HOOK, LEFT 45, FLICK KICK, LEFT HOOK, LEFT 45, STEP

- 1-2 Step left heel forward at 45 degrees, bring left foot across right shin
- 3-4 Step left heel forward at 45 degrees, flick left foot back to the left
- 5-6 Repeat steps 1-2
- 7-8 Step left heel forward at 45 degrees, step left foot down next to right

TOUCH, HOLD, SIDE, HOLD, BEHIND SIDE CROSS, HOLD

- 1-2 Touch right toe next to left instep turning right knee in, hold
- 3-4 Touch right to right, hold
- 5-6 Step right behind left, step left to left
- 7-8 Cross right over left, hold

TOUCH, HOLD, SIDE, HOLD, BEHIND, SIDE, CROSS, HOLD

- 1-2 Touch left toe next to right instep turning left knee in, hold
- 3-4 Touch left to left, hold
- 5-6 Step left behind right, step right to right
- 7-8 Cross left over right, hold

STEP, HOLD, ¼ TURN STEP, HOLD, STEP, HOLD, ¼ TURN STEP, HOLD

- 1-2 Step forward on right foot, hold
- 3-4 Turning ¼ turn left step forward on left foot, hold
- 5-6 Step forward on right foot, hold
- 7-8 Turning ¼ turn left step forward on left foot, hold

CHARLESTONS

- 1-2 Sweep right toe out & forward to touch in front of left foot, hold
- 3-4 Sweep right toe out & back behind left foot, step down on right
- 5-6 Sweep left toe out & back behind right foot, hold
- 7-8 Sweep left toe out & forward, step down on left

RHUMBA BOX TWICE

- 1-2 Step right long step to right, step left beside right
- 3-4 Step back long on right, hold
- 5-6 Step left long step to left, step right beside left
- 7-8 Step forward long step on left, hold

TOE HEEL STRUTS FORWARD & BACK

- 1-2 Step forward on right toe, step down on right heel
- 3-4 Step forward on left toe, step down on left heel
- 5-6 Step back on right toe, step down on right heel

7-8 Step back on left toe, step down on left heel

REPEAT

RESTART

On the third wall (facing front wall), dance up to the first 40 steps (step, hold, ¼ turn step, hold twice) & start again

ENDING

To finish dance back at start wall dance up to the first 32 steps & then:

STEP, HOLD, TURN STEP, TURN STEP, STEP, HOLD

1-2 Step forward on right, hold

3-4 Step forward on left turning ¼ turn left, hold

5-6 Step forward on right turning ¼ turn right, hold

7-8 Step forward on left, hold
