

# Ball & Chain

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Michelle Risley (UK) - March 2014  
音乐: Ball and Chain (feat. Connie Britton & Will Chase) - Nashville Cast : (Album: Music of Nashville Soundtrack)



## Walk, Walk, Kick Ball Step, Walk, Walk, Kick Ball Step

1-2      Walk fwd. Right, Left  
3&4      Kick Right fwd. step Right beside Left, step fwd Left  
5-6      Walk fwd. Right, Left  
7&8      Kick Right fwd. step Right beside Left, step fwd Left

## Rock Step, ½ Shuffle, Full Turn, ¼ Pivot

1 2      Rock right foot forward, recover weight to left (12.00)  
3&4      Make ½ turn right stepping forward on right, step left next to right, step forward on right (6.00)  
5-6      Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.  
7-8      Step Forward Left, ¼ pivot turn to Right (9oc)

## Alternative: count 5-6 Walk Forward, Right, Left

## Cross, Side , Behind & Heel & Cross, Side , Behind & Heel

1-2      Cross Left over Right Step R foot to R side ,  
3&4      cross L foot behind R foot, Step R foot in place , dig L heel to L diagonal,  
& 56      step L foot in place , cross R foot over left foot, Step L foot to L side ,  
7&8      Step R foot behind L, Step L in place, step L foot to L side, dig R to R diagonal

## & Cross, ½ Monterey, Brush, Shuffle, ¾ Pivot

&1      Step R to Place, Cross Left over right  
2-4      Point Right to Right Side, ½ Right bring Right to place, Brush Left beside right  
5&6      Left Shuffle Forward (3oc)  
7-8      Step Right forward, pivot ¾ turn over left shoulder (weight on left) (6oc)

## Side, Hold, Hinge ½, Hold, Hinge ½, Hold, Hinge ½ , Hold

1-2      Step right foot to right side, Hold (click fingers at waist) (6oc)  
3-4      Hinge ½ turn to the right on ball of right, stepping left foot to left side, Hold (Click Up) (12oc)  
5-6      Hinge ½ turn to the left on ball of right foot stepping left foot to left side, Hold (Click Down) (6oc)  
7-8      Hinge ½ turn to the left on ball of left foot stepping right foot to right side, Hold (Click Up) (12oc)

## Left Sailor, Right Sailor, Toe Unwind ¾ , Kick & Touch

1&2      Cross left behind right, step right to side, step left to side  
3&4      Cross right behind left, step left to side, step right to side  
5-6      Cross left behind right, unwind a ¾ turn (weight on left) (3oc)\*  
7&8      Kick Right Forward, step back on Right, Tap the Left across Right

\* Tag/Restart 2nd wall – replace count 6 with 1/2 Turn to Front Wall, 7&8 Kick Right, Jump Back Restart dance facing Front Wall

## 2 Dorothy Steps, Pivot 1/2 , Hook, Lock Step

1-2&      Step Left Diagonally forward , Lock Right behind Left. Step Left Diagonally forward Left.  
3-4&      Step Right Diagonally forward, Lock Left behind Right. Step Right Diagonally forward Right.  
5-6      Step forward Left, making ½ turn right, (Keep Weight on Left) Hook Right in front of Left  
7&8      Right Lock Step Forward (9oc)

**Full Turn, Cross Rock, Side Rock, Cross, 1/4 Turn, Side**

- 1-2 Turn 1/2 Turn Right, Stepping Back on Left, Turn 1/2 Right, Stepping Forward on Right (9oc)  
3-4 Cross Rock Left Over Right, Recover on Right  
5-6 Side Rock Left to Left Side, Recover on Right  
7&8 Cross Left over Right, Make 1/4 Left Stepping back on Right, Step Left to Side (6oc)

**Start Again**

**\*Tag / Restart: 2nd Wall, End of 6th section, replace count 5-6, 7&8 (Unwind 3/4, Kick & Touch) with:-**

- 5-6 Unwind 1/2 turn to the Front Wall  
7&8 Kick Right Forward, Little Jump Back, Right-Left (Kick Out-Out),

**Restart from beginning facing (12oc)**

**To Finish with Music - replace count 16 (1/4 turn) with a 1/2 turn to the FRONT & Step Forward**

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