

# Ball and Chain

COPPERKNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Sophie Ruhling (FR) - January 2019  
音樂: Ball and Chain (feat. Connie Britton & Will Chase) - Nashville Cast



#16 count intro – CW - 1 TAG - 1 RESTART - 1 ENDING

**SECT.1 : WALK R, WALK L, SAILOR STEP R, SAILOR STEP L, MILITARY 1/4 TURN L**

1-2            walk R, walk L  
3&4            cross R behind L, step L to L side, step R to R side  
5&6            cross L behind R, step R to R side, step L to L side  
7-8            walk R, 1/4 turn L (weight on L) (9.00)

**\*Ending 12.00 : stomp R fwd**

**SECT.2 : ROCK STEP R FWD, TRIPLE STEP R 1/2 TURN R, TRIPLE STEP L 1/2 TURN R, ROCK STEP R BACK**

1-2            rock step R fwd, recover on L  
3&4            1/4 turn R step R to R side, step L beside R, 1/4 turn R walk R  
5&6            1/4 turn R step L to L side, step R beside L, 1/4 turn R back L  
7-8            rock step R back, recover on L

**\*Restart here wall 4 (6.00)**

**SECT.3 : SKATE R, SKATE L, TRIPLE STEP R FWD, 1/4 TURN L, TRIPLE STEP L FWD, BOOGIE WALK R, BOOGIE WALK L**

1-2            skate R fwd, skate L fwd  
3&4            walk R, walk L beside R, walk R  
5&6            1/4 turn L walk L, walk R beside L, walk L (6.00)  
&7-&8          boogie walk R, boogie walk L (R hip to R & walk R, L hip to L & walk L)

**SECT.4 : HEEL GRIND R, COASTER STEP R BACK, HEEL GRIND L 1/4 TURN L, COASTER STEP L BACK**

1-2            heel grind R (R toe to R, step L in place)  
3&4            back R, back L beside R, walk R  
5-6            heel grind L with 1/4 turn L (L toe to L with 1/4 turn L & step R in place) (3.00)  
7&8            back L, back R beside L, walk L

**\*Tag : here wall 7 (3.00) : REPEAT SECT.4**

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