

# Ball and Chain

**COPPER KNOB**  
STEPPERS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Marie Pietersz (AUS) - July 2020  
音樂: Ball and Chain (feat. Connie Britton & Will Chase) - Nashville Cast



Start after 16 beats at vocals - 2 restarts

**S1: Shuffle to R, rock back, recover, shuffle to L, rock back, recover**

1&2 3-4                      To R side shuffle RLR, rock back L behind R, recover on R  
5&6 7-8                      To L side shuffle LRL, rock back R behind L, recover on L

Restart here on 7th wall facing 6.00

**S2: Boogie walks R L R L, 2 x kick ball changes**

9-12                      Swivel toes to R, then to L, stepping forward on balls of feet in swivel action  
13&14, 15&16                      Kick R forward, step R back, step L next to R, Kick R forward, step R back, step L next to R

Fun hands: On boogie walks, hands out to sides

Restart here on 4th wall facing 9.00

**S3: Rock forward with R, turn ½ R, shuffle, rock forward with L, ½ L, shuffle**

17-18 19&20                      Step R forward, ½ R turn, shuffle RLR  
21-22 23&24                      Step L forward, ¼ L turn, shuffle LRL (3.00)

**S4: Full Monterey turn**

25-28                      Step R to R side, return to base, while pushing off turn ½ R, point L to L side (9.00)  
29-32                      Step R to R side, return to base, while pushing off turn ½ R, point L to L side (3.00)

To end dance to the front, turn ¼ R after boogie walks.

REPEAT AND ENJOY

I do not own the music

FB Stars-in-Line <https://www.facebook.com/groups/940594553073002>

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