

# Ball and Chain

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Heather Gronow (UK) - April 2024  
音樂: 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)