

Ball & Chain

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Michelle Risley (UK) - March 2014
音樂: 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

Contact: michellerisley@hotmail.co.uk
