

# Ball & Chain

**Count:** 64    **Wall:** 2    **Level:** Intermediate

**Choreographer:** Michelle Risley (UK) March 2014

**Music:** Ball & Chain – Connie Britton & Will Chase (Soundtrack 'Music of Nashville')

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## **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  $\frac{3}{4}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  turn to the FRONT & Step Forward**

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