

Ball and Chain

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Sophie Ruhling (France) January 2019

Music: Ball And Chain by Nashville Cast feat. Connie Britton & Will Chase - 132 bpm

#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

1-2walk R, walk L

3&4cross R behind L, step L to L side, step R to R side

5&6cross L behind R, step R to R side, step L to L side

7-8walk 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

1-2rock step R fwd, recover on L

3&41/4 turn R step R to R side, step L beside R, 1/4 turn R walk R

5&61/4 turn R step L to L side, step R beside L, 1/4 turn R back L

7-8rock 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

1-2skate R fwd, skate L fwd

3&4walk R, walk L beside R, walk R

5&61/4 turn L walk L, walk R beside L, walk L (6.00)

&7-&8boogie 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

1-2heel grind R (R toe to R, step L in place)

3&4back R, back L beside R, walk R

5-6heel grind L with 1/4 turn L (L toe to L with 1/4 turn L & step R in place) (3.00)

7&8back L, back R beside L, walk L

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

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