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Ball And Chain

32 Count. 4 Wall. Beginner. 2 Restarts.

Choreographed by Mair Pietersz (Aus) July 2020

Choreographed to Ball and Chain.

By The Nashville Cast (Will Chase and Connie Britton)

Intro: 16 Counts - start on vocals.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SHUFFLE TO R, ROCK BACK, RECOVER, SHUFFLE TO L, ROCK BACK, RECOVER

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

Restart Here on 7th wall facing 6.00

SEC 2 BOOGIE WALKS R L R L, 2 X KICK BALL CHANGES

- 1 - 4 Swivel toes to R, then to L, stepping forward on balls of feet in swivel action
5 & 6 Kick R forward, step R back, step L next to R,
7 & 8 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

SEC 3 ROCK FORWARD WITH R, TURN ½ R, SHUFFLE, ROCK FORWARD WITH L, ½ L, SHUFFLE

- 1 - 2 Step R forward, ½ R turn,
3 & 4 Shuffle RLR
5 - 6 Step L forward, ½ L turn,
7 & 8 Shuffle LRL (3.00)

SEC 4 FULL MONTEREY TURN

- 1 - 4 Step R to R side, return to base, while pushing off turn ½ R, point L to L side (9.00)
5 - 8 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

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