

## Ball and Chain



Choreographed by: **Marie Pietersz** (Australia) July 2020  
Music: Ball and Chain by the Nashville cast (Will Chase and Connie Britton)  
Description: 32 counts - 4 Wall Beginner Line dance

**Start after 16 beats at vocals**

**2 restarts**

**S1** **Shuffle to R, rock back, recover, shuffle to L, rock back, recover**  
1&2 3-4 To R side shuffle RLR, rock back L behind R, recover on R  
5&6 7-8 To L side shuffle LRL, rock back R behind L, recover on L

**Restart here on 7<sup>th</sup> wall facing 6.00**

**S2** **Boogie walks R L R L, 2 x kick ball changes**  
9-12 Swivel toes to R, then to L, stepping forward on balls of feet in swivel action  
13&14, 15&16 Kick R forward, step R back, step L next to R, Kick R forward, step R back, step L next to R  
**Fun hands: On boogie walks, hands out to sides**

**Restart here on 4<sup>th</sup> wall facing 9.00**

**S3** **Rock forward with R, turn ½ R, shuffle, rock forward with L, ½ L, shuffle**  
17-18 19&20 Step R forward, ½ R turn, shuffle RLR  
21-22 23&24 Step L forward, ¼ L turn, shuffle LRL (3.00)

**S4** **Full Monterey turn**  
25-28 Step R to R side, return to base, while pushing off turn ½ R, point L to L side (9.00)  
29-32 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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