

# Ball and Chain

Count: 32

Wall: 4

Level: Improver

Choreographer : Heather Gronow (April 2024)

Music: Ball and Chain by Connie Brittain and Nashville cast

1 tag / 2 restarts

Intro : 16 counts

## Section 1: Vine right, Hitch, Step Hitch, Step Hitch

1-4 : Step R foot to side, cross L behind, Step R to side, Hitch L knee

5-8 : Step fwd on L, Hitch R knee, Step fwd on R, Hitch L knee

## Section 2 : Walk back, back, back, Hitch, Hip bumps right left

1-4 : Walk back L, R, L, Hitch R knee

5-8 : Step R to side as you bump hips twice to right, twice to left

## Section 3 : Shuffle fwd, Rock rec. Shuffle back, Rock rec.

1&2 : Step fwd R, step L next to R, Step fwd R

3-4 : Rock fwd onto L, recover weight onto R

5&6 : Step back L, step R next to L, Step back L

7-8 : Rock back on R, recover on L

## Section 4 : Jazzbox, Touch, Vine L ¼ turn, Scuff

1-4 : Cross R over left, Step back L, Step R to side, Touch L toe to R

5-8 : Step L to side, Cross R behind, Step L ¼ turn left, Scuff R foot  
(alternate: Rolling vine with ¼ turn)

**\*Restart after 16 counts (hip bumps) wall 4**

**\*Tag after 6 counts section 1, wall 9, Stomp R,L then restart  
(both times facing 3 o'clock)**