

BALL & CHAIN

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MUSIC: The Music of Nashville Cast (Original Soundtrack) TRACK: # 4 ARTISTS: Connie Britton & Luke Chase

PHASE: RAL II + 1 TWO STEP (Strolling Vine)

FOOTWORK: Directions for Man except as noted (Woman in parenthesis)

SEQUENCE: INTRO-ABCDE-ENDING

MEAS

INTRO

1 - 6 WAIT INTRO MUSIC + ;; APT PT; TOG TCH;

1-4 In BFLY wait intro music + ;;

5-6 Apt bk L,-; Pt R twd ptr & tch,-;

PART A

1 - 4 SIDE TWO STEP L & R;; BOX;;

1-2 Sd L, cl R, sd L,-; Sd R, cl L, sd R,-;

3-4 Sd L, cl R, fwd L,-; Sd R, cl L, bk R,-;

5 - 8 REV BOX;; SCIS THRU TWICE to OP/LOD;;

5-6 Sd L, cl R, bk L,-; Sd R, cl L, fwd R,-;

7-8 Sd L, cl R, XLif of R,-; Sd R, cl L, XRif of L to OP/LOD,-;

9 - 12 CIRC AWY TWO 2 STEPS;; BOX;;

9-10 Circ L FC twd COH (W circ R FC twd WALL) fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-;

11-12 REPEAT MEAS 3-4 PART A;;

13 - 16 REV BOX;; CIRC TOG TWO 2 STEPS to BFLY;;

13-14 REPEAT MEAS 5-6 PART A;;

15-16 Circ L FC twd WALL (W circ R FC twd COH) fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R to BFLY,-;

PART B

1 - 4 TWIRL VINE 3; REV TWIRL VINE 3; START SOLO L TRNG BOX;;

1-2 Sd L, XRib of L, sd L (W sd & fwd R trng 1/2 R FC und jn hnds, sd & bk L trng 1/2 R FC, sd R),-;

 Sd R, XLib of R, sd R (W sd & fwd L trng 1/2 L FC und jn hnds, sd & bk R trng 1/2 L FC, sd L),-;

3-4 Sd L, cl R, fwd L trng 1/4 L FC,-; Sd R, cl L, bk R trng 1/4 L FC,-;

5 - 8 FINISH SOLO TRNG BOX to FC;; SCIS THRU TWICE to CP;;

5-6 Sd L, cl R, fwd L trng 1/4 L FC,-; Sd R, cl L, bk R, trng 1/4 L FC to FC,-;

7-8 REPEAT MEAS 7-8 PART A to CP;;

9 - 12 TRAVELING BOX to CP;;;

9-10 Sd L, cl R, fwd L,-; Trng twd RLOD in SCP walk fwd R,-, fwd L,-;

11-12 Blend to CP sd R, cl L, bk R,-; Trng twd LOD in SCP walk fwd L,-, fwd R to CP,-;

PART C

1 - 4 BROKEN BOX to BFLY;;;

1-2 Sd L, cl R, fwd L,-; Rk fwd R,-, Rec L,-;

3-4 Sd R, cl L, bk R,-; Rk bk L,-, Rec R to BFLY,-;

5 - 8 FACE TO FACE & BACK TO BACK;; START BBALL TRN;;

5-6 Sd L, cl R, sd L trng 1/2 L FC to a bk to bk pos,-; Sd R, cl L, sd R trng 1/2 R FC,-;

7-8 Lunge fwd L trng 1/4,-; Rec R trng 1/4,-;

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9 - 12 FINISH BBALL TRN to OP/LOD;; TWO FWD TWO STEPS to CP;;

9-10 Fwd L trng 1/4,-; Rec R trng 1/4 to OP/LOD,-;

11-12 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R to CP,-;

13 - 16 TWO TRNG TWO STEPS to FC/LOD;; PROG BOX;;

13-14 Sd L, cl R, fwd L pvtg R FC 1/2,-; Sd R, cl L, fwd R pvtg R FC 1/2 to FC/LOD,-;

15-16 Sd L, cl R, fwd L,-; Sd R, cl L, fwd R,-;

17 - 18 CIRC AWY & TOG to CP;;

17-18 Release contact w/ptr & moving L FC awy from ptr fwd L, cl R, fwd L to FC ptr,-; Cont L FC twd ptr fwd R, cl L, fwd R to CP,-;

PART D

1 - 4 SCIS SCAR; WALK OUT 2; SCIS BJO; WALK IN 2;

1-2 Sd L, cl R, XLif of R to SCAR,-; Fwd R,-, fwd L,-;

3-4 Sd R, cl L, XRif of L to BJO,-; Fwd L,-, fwd R,-;

5 - 8 LACE ACROSS; FWD TWO STEP; LACE BACK; FWD TWO STEP to BFLY;

5-6 Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-;

7-8 REPEAT MEAS 5-6 PART D to BFLY;;

9 - 10 DOOR TWICE;;

9-10 Sd L, rec R, XLif of R,-; Sd R, rec L, XRif of L,-;

PART E

1 - 4 CIRC AWY TWO 2 STEPS;; STRUT TOG 4 to CP/WALL;;

1-2 REPEAT MEAS 9-10 PART A;;

3-4 Trng to FC ptr fwd L,-, fwd R,-; Fwd L,-, fwd R to CP/WALL,-;

5 - 8 STROLLING VINE to BFLY;;;

5-6 CP/WALL sd L,-, XRib of L,-; Sd L, cl R, trn L,-;

7-8 Sd R,-, XLib of R,-; Sd R, cl, L, trn R to BFLY,-;

9 - 12 TRAVELING DOOR;;;

9-10 Rk sd L,-, rec R,-; XLif of R, sd R, XLif of R,-;

11-12 Rk sd R,-, rec L,-; XRif of L, sd L, XRif of L,-;

13 - 16 SIDE TWO STEP L & R;; FACE TO FACE & BACK TO BACK;;

13-14 REPEAT MEAS 1-2 PART A;;

15-16 REPEAT MEAS 5-6 PART C;;

17 - 24 REPEAT MEAS 9 - 16 PART A (CIRC AWY TWO 2 STEPS;; BOX;; REV BOX;; CIRC TOG TWO 2 STEPS to BFLY;;)

ENDING

1 - 4 NEW YORKER TWICE to CP/WALL;; START BROKEN BOX;;

1-2 Stp thru L, rec R to FC ptr, sd L,-; Stp thru R, rec L to FC ptr, sd R to CP/WALL,-;

3-4 REPEAT MEAS 1-2 PART C;;

5 - 8 FINISH BROKEN BOX to BFLY;; FACE TO FACE & BACK TO BACK;;

5-6 REPEAT MEAS 3-4 PART C;;

7-8 REPEAT MEAS 5-6 PART C;;

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9 - 12 BBALL TRN to OP/LOD;;;;

9-10 REPEAT MEAS 7-8 PART C;;

11-12 REPEAT MEAS 9-10 PART C to OP/LOD;;

13 - 16 TWO FWD TWO STEPS to CP;; TWO TRNG TWO STEPS;;

13-14 REPEAT MEAS 11-12 PART C to CP;;

15-16 REPEAT MEAS 13-14 PART C to FC/LOD;;

17 - 20 CIRC AWY & TOG to CP;; BOX;;

17-18 REPEAT MEAS 17-18 PART C to CP;;

19-20 REPEAT MEAS 3-4 PART A;;

21 APT PT;

21 REPEAT MEAS 5 INTRO;

