

Ball and Chain

Choreographer: Aaron Smith, Hillsboro OR
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Record: RCA 62012-7 "Ball and Chain" Paul Overstreet (slow to 43)
Footwork: Opposite; Woman's special instruction in parentheses
Level/Rhythm: Easy - ROUNDALAB Phase II Two-Step
Sequence: Introduction A A B Interlude A A B C B D Ending

Introduction

- 1-4 (OP-FCG) Wait;; Apart, Point; Together, Touch (BFLY);**
OP-FCG M fcg wall wait 2 measures;; apt L, -, pt R toe twd ptr, -; tog R to BFLY, -, tch L to R, -;
- 5-8 Twirl 2; Walk 2; 2 Turning Two Steps (SCP);**
fwd L, -, fwd R (W twirl RF under joined hnds R, -, L), -; fwd L, -, fwd R to CP, -; sd L, cl R, turn RF 1/2 L, -; sd R, cl L, turn RF R to SCP, -;

Part A

- 1-4 2 Forward Two Steps;; Box;;**
SCP fwd L, cl R, fwd L, -; fwd R, cl L, fwd R to CP, -; sd L, cl R, fwd L, -; sd R, cl L, bk R, -;
- 5-8 Scissors Thru; Scissors Thru; Open Vine 4;;**
sd L, cl R, XLIF, -; sd R, cl L, XRIF, -; sd L, -, XRIB, -; sd L, -, XRIF, -;

Part B

- 1-4 Solo Turning Box;;;;**
no contact sd L, cl R, fwd L trng 1/4 LF (R shldr to R shldr), -; sd R, cl L, bk R trng 1/4 LF (BK-TO-BK), -; sd L, cl R, fwd L trng 1/4 LF (L shldr to L shldr), -; sd R, cl L, bk R trng 1/4 LF to BFLY, -;
- 5-8 Vine 3; Wrap; Unwrap; Change Sides (BFLY);**
sd L, XRIB, sd L, -; sd R, XLIB, sd R (maintaining both hand holds W twirl LF under joined M's L & W's R hnds L, R, L) to WRAP, -; releasing M's L and W's R hnds sd L, cl R, sd L (W roll RF twds wall R, L, R) to OP, -; passing R shldr fwd R, fwd L, fwd R (W under joined hnds L, R, L) to BFLY M fcg COH, -;
- 9-12 Vine 3; Wrap; Unwrap; Change Sides (OP);**
sd L, XRIB, sd L, -; sd R, XLIB, sd R (maintaining both hand holds W twirl LF under joined M's L & W's R hnds L, R, L) to WRAP, -; releasing M's L and W's R hnds sd L, cl R, sd L (W roll RF twds COH R, L, R) to OP, -; passing R shldr fwd R, fwd L, fwd R (W under joined hnds L, R, L) to OP, -;
- 13-16 Circle Away 2 Two Steps;; Strut Together 4;;**
releasing contact with ptr move away from ptr in circular pattern fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -; continuing circular pattern twd ptr and with swaying action of upper body fwd L, -, fwd R, -; fwd L, -, fwd R, -;

Interlude

- 1-4 (BFLY) Side Two Step; Side Two Step; Hitch Apart; Scissors Thru;**
BFLY sd L, cl R, sd L, -; sd R, cl L, sd R, -; apt L, cl R, tog L, -; sd R, cl L, XRIF, -;
- 5-8 Twirl 2; Walk 2; (Traveling Doors) Rock Side, Recover; Cross, Side Cross;**
fwd L, -, fwd R (W twirl RF under joined hnds R, -, L), -; fwd L, -, fwd R to BFLY, -; rk sd L, -, rec R, -; XLIF, sd R, XLIF, -;
- 9-10 Rock Side, Recover; Cross, Side, Cross;**
rk sd R, -, rec L, -; XRIF, sd L, XRIF, -;

Part C

- 1-4 Traveling Box;;;;**
CP sd L, cl R, fwd L, -; trng to RCSP fwd R, -, fwd L, -; trng to CP sd R, cl L, bk R, -; trng to SCP fwd L, -, fwd R, -;
- 5-8 2 Forward Two Steps;; Twirl 2; Walk 2 (OP);**
fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -; fwd L, -, fwd R (W twirl RF under joined hnds R, -, L), -; fwd L, -, fwd R to OP, -;
- 9-12 Sliding Doors;;;;**
rk sd L, -, rec R, -; XLIF, sd R, XLIF (W crossing in front of M) to LOP, -; rk sd R, -, rec L, -; XRIF, sd L, XRIF (W crossing in front of M) to OP, -;
- 13-16 Circle Away & Together;; Side, Draw, Close; Side, Draw, Close;**
releasing contact with ptr move away from ptr in circular pattern fwd L, cl R, fwd L, -; continuing circular pattern twd ptr fwd R, cl L, fwd R, -; no contact sd L, draw R, cl R, -; sd L, draw R, cl R, -;

Part D

- 1-4 Solo Turning Box;;;;**
no contact sd L, cl R, fwd L trng 1/4 LF (R shldr to R shldr), -; sd R, cl L, bk R trng 1/4 LF (BK-TO-BK), -; sd L, cl R, fwd L trng 1/4 LF (L shldr to L shldr), -; sd R, cl L, bk R trng 1/4 LF to BFLY, -;

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- 5-8 (Traveling Doors) Rock Side, Recover; Cross, Side, Cross; Rock Side, Recover; Cross, Side, Cross;**
rk sd L, -, rec R, -; XLIF, sd R, XLIF, -; rk sd R, -, rec L, -; XRIF, sd L, XRIF, -;
- 9-12 (Sand Steps) Toe, Heel; Cross, Side, Cross; Toe, Heel; Cross, Side, Cross;**
tch L toe to R instep, -, tch L heel to R instep, -; XLIF, sd R, XLIF, -; tch R toe to L instep, -, tch R heel to L instep, -; XRIF, sd L, XRIF, -;
- 13-16 Side Two Step; Side Two Step; Hitch Apart; Scissors Thru;**
BFLY sd L, cl R, sd L, -; sd R, cl L, sd R, -; apt L, cl R, tog L, -; sd R, cl L, XRIF to SCP, -;
- 17-20 2 Forward Two Steps;; Twirl 2; Walk 2;**
fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -; fwd L, -, fwd R (W twirl RF under joined hnds R, -, L), -; fwd L, -, fwd R to CP, -;
- 21-24 2 Side Closes; Walk 2; 2 Turning Two Steps;;**
sd L, cl R, sd L, cl R; trng to SCP fwd L, -, fwd R to CP, -; sd L, cl R, turn RF 1/2 L, -; sd R, cl L, turn RF R to SCP, -;

Ending

- 1-2 Twirl 2; Apart, Point;**
fwd L, -, fwd R (W twirl RF under joined hnds R, -, L), -; apt L, -, pt R toe twd ptr, -;