

IN MY HEART



Ball and Chain - Paul Overstreet



Chorégraphe : **Magali LEBRUN**

Niveau : **Novice**

Type : **64 Counts - 2 walls - 1 Restart**

Mise en Page : **THE SOUTHERN GANG**

Date: **mars-14**



ENGLISH

SECT-1 TUCH SIDE - CROSS - TUCH SIDE - CROSS - KICK - STOMP FWD - SWIVEL

- 1 - 2 Touch Point R to R - Cross R behind L
- 3 - 4 Touch Point L to L - Cross L behind R
- 5 - 6 Kick R Fwd - Stomp R Fwd
- 7 - 8 Swivel R Heel to R - Recover R Heel to center

SECT-2 SWIVEL - PIVOT MILITARY - 1/2 TURN - HOOK - STEP FWD - HOOK

- 1 - 2 Swivel R Heel to T - Recove R Heel to center
- 3 - 4 Step L Fwd - 1/2 turn R
- 5 - 6 1/2 turn R (Step L Backwards) - Hook R over L
- 7 - 8 Step R Fwd - Hook L Behind R

SECT-3 STEP LOCK STEP BACK - HOLD - SLOW COASTER STEP - HOLD

- 1 - 2 Step L Backwards - Lock R over L
- 3 - 4 Step L Backwards - Hold
- 5 - 6 Step R Backwards - Step L beside R
- 7 - 8 Step R Fwd - Hold

SECT-4 GRAPEVINE 1/4 TURN LEFT - HOLD - PIVOT MILITARY - STEP 1/4 TURN - SCUFF

- 1 - 2 Step L to L - Cross R behind L
- 3 - 4 1/4 turn L, Step L Fwd - Hold
- 5 - 6 Step R Fwd - 1/2 t L
- 7 - 8 1/4 t L, Step R to R - Scuff L beside R

SECT-5 STEP SIDE - SCUFF - STEP FWD - TUCH - STEP BACK - KICK - ROCK BACK STEP

- 1 - 2 Step L to L - Scuff R beside L
- 3 - 4 1/8 t R, Step R Fwd - Touch L Point behind R
- 5 - 6 Step L Backwards - Kick R Fwd
- 7 - 8 Step R backwards - Recover weight on L

SECT-6 HEEL - STOMP - HEEL - STOMP - PIVOT MILITARY - STOMP - STOMP

- 1 - 2 Touch R Heel Fwd - Recover R beside L
- 3 - 4 Touch L Heel Fwd - Recover L beside R
- 5 - 6 Step R Fwd - 1/2 t L
- 7 - 8 Stomp R beside L - Stomp L beside R

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SECT-7 ROCK SIDE CROSS - HOLD - KICK - HOOK - KICK - BRUCH

- 1 - 2 Rock Step R to R - Recover on L
- 3 - 4 Cross R over L - Hold
- 5 - 6 Kick L Fwd - Hook L Fwd R
- 7 - 8 Kick L Fwd - Bruch L beside R

SECT-8 TOE STRUT 1/2 TURN - TOE STRUT 1/2 TURN - ROCK BACK STEP - STOMP - HOLD

- 1 - 2 Point L Backwards - 1/2 t L, Drop L heel
- 3 - 4 Point R Fwd - 1/2 t L, Drop R Heel
- 5 - 6 (*jumping*) Rock Back L & Kick R Fwd - Recover on R
- 7 - 8 Stomp L beside R - Hold

RESTART

3rd
WALL End of 5th section, Restart

Enjoy your dance

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