

Sixteen Tons

拍數: 48 牆數: 4 級數: Phrased High Beginner
編舞者: Colin Ghys (BEL) & José Miguel Belloque Vane (NL) - January 2024
音樂: Sixteen Tons - Tennessee Ernie Ford



Intro: 8 Counts, Start at approx 7 secs
Sequence: A, A, B, A, A, B, A, A, B+, A, A, Ending

Part A

SEC 1 Cross, Point, Cross, Point, Jazzbox Cross

1-2 Cross right over left, point left to left
3-4 Cross left over right, point right to right
5-6 Cross right over left, step left back
7-8 Step right to right, cross left over right

SEC 2 Side, Touch Heel Diagonally Forward, Hold, Together, Cross, Hold, ½ Bounce Heels

&1-2 Step right to right, touch left heel forward to left diagonal, hold
&3-4 Step left beside right, cross right over left, hold
5-6-7-8 Turn ½ left bounce both heels 4 times

SEC 3 Step, Brush, Step, Brush, Step, ½ Pivot, Step, ¼ Pivot

1-2 Step right forward, brush left forward
3-4 Step left forward, brush right forward
5-6 Step right forward, pivot ½ left transferring weight on to left (12:00)
7-8 Step right forward, pivot ¼ left transferring weight on to left (9:00)

SEC 4 Out Out, Hold, Hip Bumps, Hold, Hip Bumps x4

&1-2 Step right to right, step left to left, hold
3-4 Bump hips left, hold
5-6 Bump hips right, bump hips left
7-8 Bump hips right, bump hips left

Part B

SEC 1 Cross, Back, Back, Cross, Back, Side, Drag, Flick

1-2 Cross right over left, step left back
3-4 Step right back, cross left over right
5-6 Step right back, step left to left
7-8 Drag right towards left, flick right behind left

SEC 2 Side, Flick, Side, Touch, Side, Touch, Side, Touch

1-2 Step right to right, flick left behind right
3-4 Step left to left, touch right beside left
5-6 Step right to right, touch left beside right
7-8 Step left to left, touch right beside left

Note On Part B+ Hold 2 counts before restarting with Part A

Ending Hold for Approx 10 secs, until the music restarts, then dance the first 8 counts of Part B

Last Update - 27 Jan 2024 - R1