

# Suit And Tie (16 Tons)

拍數: 48      牆數: 2      級數: Easy Intermediate  
編舞者: Cato Larsen (NOR) - 10 October 2024  
音樂: Suit and Tie (Sixteen Tons) - Cooper Alan



**Intro: Start the dance at the vocals after 8 counts of intro (6 seconds).**

**Motion: Novelty (For social and fun only).**

**Tempo: 77 BPM.**

**SOD: Speed of Dance; Normal to Fast.**

**Dance #: 166**

**[1 – 8] Bota Fogo, Cross, Back, Side, Cross (Jazz Box), Hold, Side, Touch, Side, Touch, Press left, ¼ turn right, ¼ Pivot turn right.**

- 1&      Cross right diagonally forward across left (1), Step left to left side (&), 12:00
- 2&      Rock (recover) back again onto right (2), Cross left over right (&).
- 3&4      Step back on right (3), Step left to left side (&), Cross right over left (4).
- 5&      Step left to left side (5), Touch right toe next to left (&).
- 6&      Step right to right side (6), Touch left toe next to right (&).
- 7&      Step left to left side (7), Push off from left foot and turn ¼ turn right Stepping forward on right (&). 3:00
- 8      Turn (pivot) ¼ turn right Stepping left to left side (8). 6:00

**[9 – 16] Two continuous Sailor Steps, Cross & Sweep, Behind, Side, Cross Rock 1/4 turn.**

- 1&2      Cross right behind left (1), Step left to left side (&), Step right slightly right side (2).
- &3&      Cross left behind right (&), Step right to right side (3), Step left slightly left side (&).
- 4      Cross right behind left and Sweep left leg out counter clockwise (4).
- 5,6      Cross left behind right (5), Step right to right side (6).
- 7&      Cross left over right (7), Rock (recover) back again onto right (&).
- 8      Turn ¼ turn left Stepping forward on left (8). 3:00

**[17 – 24] Lock Steps, Rocking Chair, ½ Chase turn.**

- 1&      Step forward on right (1), Lock left behind right (&).
- 2&      Step forward on right (2), Step forward on left (&).
- 3&4      Lock right behind left (3), Step forward on left (&), Step forward on right (4).
- 5&      Step forward on left (5), Rock (recover) back again onto right (&).
- 6&      Step back on left (6), Rock (recover) forward again onto right (&).
- 7&8      Step forward on left (7), Turn (swivel) ½ turn right (&), Step forward on left (8). 9:00

**[25 – 32] ½ Pivot turn twice, Shuffle forward, Rock Step forward, Side Rock, Sailor ¼ turn.**

- 1      Turn (pivot) ½ turn left Stepping back on right (1). 3:00
- 2      Turn (pivot) ½ turn left Stepping forward on left (2). 9:00
- 3&4      Step forward on right (3), Step left next to left (&), Step forward on right (4).
- 5&      Step forward on left (5), Rock (recover) back again onto right (&).
- 6&      Step left to left side (6), Rock (recover) back again onto right (&).
- 7&      Cross left behind right (7), Turn ¼ turn left Stepping right next to left (&). 6:00
- 8      Step forward on left slightly across of right (8).

**[33 – 40] Continuous Side Mambo Crosses, Side, Hold, Weave, Back Rock, Side.**

- 1&      Step right to right side (1), Rock (recover) back again onto left (&).
- 2&      Cross right over left (2), Step left to left side (&).
- 3&4      Rock (recover) back again onto right (3), Cross left over right (&), Step right to right side (4).
- 5&      Cross left behind right (5), Step right to right side (&).

- 6& Cross left over right (6), Step right to right side (&).
- 7& Cross left behind right (7), Rock (recover) forward again onto right (&).
- 8 Step left to left side (8).

**[41 – 48] Weave, Back Rock, Diagonally forward, Paddle turn right.**

- 1& Cross right behind left (1), Step left to left side (&).
- 2& Cross right over left (2), Step left to left side (&).
- 3& Cross right behind left (3), Rock (recover) forward again onto left (&).
- 4 Step right diagonally forward right (4). 7:30
- 5& Step forward on left (5), Turn (swivel)  $\frac{1}{4}$  turn right (&). 10:30
- 6& Step forward on left (6), Turn (swivel)  $\frac{1}{4}$  turn right (&). 1:30
- 7&8 Step forward on left (7), Turn (swivel)  $\frac{1}{4}$  turn right (&), Step left diagonally forward left (8). 4:30

**Tag: To be danced after 1st wall. You will face the 6'Oclock wall at 4:30.**

**[1 – 4] Slow Jazz Box 4:30**

- 1,2 Cross right over left (1), Step back on left (2).
- 3,4 Step right to right side (3), Step forward on left (4).

**Note: The whole Jazz Box are done on a diagonal facing 4:30**

**Ending To be danced after 3rd wall. You will face the 6'Oclock wall at 4:30.**

**[1 – 4] Slow Jazz Box  $\frac{1}{2}$  turn. 4:30**

- 1,2 Cross right over left (1), Step back on left (2).
  - 3,4 Turn  $\frac{3}{8}$  turn right Stepping forward on right (3). 9:00 Turn  $\frac{1}{4}$  turn right Stepping left to left side (4). 12:00
-