

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
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