

# Sixteen Tons

拍數: 72                      牆數: 4                      級數: Intermediate  
編舞者: Jo Kinser (UK) & John Kinser (UK)  
音樂: Sixteen Tons - Tom Jones



Sequence: 72, 72, 72, 64, 16, finish with the last 8 counts of the dance ending facing the front wall

## TOE STRUTS PROGRESSING FORWARD WITH SNAPS

1-2                      Touch the right toe forward, step down and snap on count 2  
3-4                      Touch the left toe forward, step down and snap on count 4  
5-6                      Touch the right toe forward, step down and snap on count 6  
7-8                      Touch the left toe forward, step down and snap on count 8

## ROCK STEP, TRIPLE TURN, DRAG, ROCK STEP

1-2                      Rock right forward, replace weight left  
3&4                      Turn ½ turn right step forward right, together left, forward right  
5-6                      Make ½ turn right step back left, drag right toe to left instep  
7-8                      Rock back right, replace left

## TURN & ROCK - LEFT RIGHT LEFT, TURN & ROCK - LEFT RIGHT LEFT

1-2                      Step forward making a ¼ turn right, rock left foot to left side  
**Snap right fingers diagonal down towards left foot on count 2**  
3-4                      Rock right side right, replace weight left  
**Snap right fingers diagonal down towards left foot on count 4**  
5-6                      Step forward making a ¼ turn right, rock left foot to left side  
**Snap right fingers diagonal down towards left foot on count 6**  
7-8                      Rock right to right side, replace weight left

## SHIMMY DRAG, STEP LOCK BACK, STEP LOCK BACK

1-2                      Step forward right and shimmy shoulders forward  
3-4                      Come back to center replace weight left, drag right to left  
5&6                      Step back right, lock left in front of right, step back right  
7&8                      Step back left, lock right in front of left, step back left

## FLICK STEP, SHUFFLE FORWARD PREP, TURN, TURN, LUNGE REPLACE

1-2                      Drag the right foot back into a flick, step forward on the right  
3&4                      Step forward left, step together right, step forward left - prep left foot to left diagonal  
5-6                      Make ½ turn left step back right, make ½ turn left step forward left  
7-8                      Lunge forward on to ball of right foot - arms out to side palms back, replace weight left

## TURN TURN TURN CROSS, ROCK AND CROSS, SIDE SHUFFLE LEFT

1-2                      Make ½ turn right step forward right, make ½ turn right step back left  
3-4                      Make ¼ turn right stepping to the side right, cross the left in front of right  
5&6                      Rock right side right, replace weight left, cross right in front of left facing left diagonal  
7&8                      Step left side left, close together right, step left side left facing left diagonal

## CROSS BREAK, AND CROSS - ¼ TURN, TURN, TURN, COASTER STEP

1-2                      Rock right diagonal forward left, replace weight left  
&3-4                      Step right back, cross left in front of right, step right back ¼ left  
5-6                      Make ½ turn left step forward left, make ½ left step back right  
**Option: replace turns with two walks back left, right**  
7&8                      Step back left, step together right, step forward left

## **STEP TOUCH, BACK TOUCH, FORWARD TOUCH, FORWARD TOUCH**

- 1-2 Step in place right, touch left next to right instep - snap
- 3-4 Step left back in place, touch right next to left instep - snap
- 5-6 Step right forward, touch left next to right - snap
- 7-8 Step left forward, touch right next to left - snap

**Restart goes here on wall 4**

## **TOUCH RIGHT AND LEFT, AND RIGHT AND LEFT, AND RIGHT AND LEFT, AND RIGHT, TOUCH (TOTAL ¾ TURN RIGHT)**

- 1&2 Touch right side right, make ¼ turn right bring right next to left compress knees, touch left side left
- &3&4 Straighten up close left next to right, touch right side right, make ¼ turn right bring right next to left compress knees, touch left side left
- &5&6 Straighten up close left next to right, touch right side right, make ¼ turn right bring right next to left compress knees, touch left side left
- &7-8 Straighten up close left next to right, touch right side right, touch right next to left (3:00)

## **REPEAT**

## **RESTART**

**Restart after count 64 on wall 4**

## **FINISH**

### **Option 1:**

- 1-16 Keeping to the same beat dance the first 16 counts and last 8 (end facing the front wall.)

### **Option 2:**

- 1-16 Step 1/8 paddle turns with flashy jazz hands
- 1-2 Step right forward, pivot 1/8 left weight left - jazz hands

**Repeat 1-2 seven times followed with the last 8 counts (end facing the front wall.)**

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