

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.)
