

Sixteen Tons

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Unknown - June 2010
音樂: Sixteen Tons - Tennessee Ernie Ford



AAB, AAB, AAB+Tag(Hold 2 count), AAB, AAB

Part A

Double Weave (With R Foot), Coaster

1-6 Cross R over L, Step side L, Step behind with R, Step side L, Cross R over L, Step side L
7&8 Coaster (R, L, R)

L Back Step, R Side Step, Coaster, Keep-ball-change, Out Out Step (R,L)

1-2 L Back Step R Step
3&4 Coaster(L,R,L)
5&6 R Keep Ball Chang
7-8 Out Step R, Out Step L

R Shuffle Turn 1/8 L Step, R Shuffle Turn 1/8 L Step, R Shuffle Turn 1/4

1&2-3 R Shuffle Turn to R 1/8, L step
4&5-6 R Shuffle Turn to R 1/8, L step
7&8 R Shuffle, Turn to R 1/4

Cross Rock Back on Left Recover on R, Side Step L, Cross Rock Back on Right Recover on L, Side Step R, Coaster

1-3 Cross rock on L behind R. Recover onto R. Step L to L side.
4-6 Cross rock on R behind L. Recover onto L. Step R to R side.
7&8 Cross step L behind R. Step R together. step L Forward.

Part B

R Side Step, L Step together, R Side Step, L touch, L Side Step R Touch, R Side Step L Touch

1-2 R Side Step, L Step together
3-4 R Side Step, L touch
5-6 Step L to side, touch R
7-8 Step R to side, touch L

L Side Step, R Step together, L Side Step, R touch, R Side Step L Touch, L Side Step R Touch

1-2 L Side Step, R Step together
3-4 L Side Step, R touch
5-6 Step R to side, touch L
7-8 Step L to side, touch R

Tag: Hold 2 Count

This is a good dance and I Hope all friends like it & enjoy the music!

Ingrind Kan in Taiwan