

16 Tons

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Ivonne Verhagen (NL) - October 2011
音樂: 16 Tons - LeAnn Rimes : (Album: Lady and Gentlemen)



Dance starts after 32 counts (on vocals)

CROSS TOE STRUT, SIDE TOE STRUT, JAZZ BOX, CROSS

1,2 RF touch toe over LF, clap heel down
3,4 LF touch toe to the left side, clap heel down
5,6,7,8 RF cross over LF, LF step back, RF step side, LF cross over RF

Restart in wall 3

SIDE TOE STRUT, CROSS TOE STRUT, SIDE ROCK, ¼ TURN LEFT, STEP FORWARD, HOLD

1,2 RF touch to the right side, clap heel down
3,4 LF touch toe over RF, clap heel down
5,6 RF rock to the right side, ¼ turn left & weight on LF
7,8 RF step forward, hold

½ TURN RIGHT, ½ TURN RIGHT, STEP FORWARD, ½ TURN LEFT, ½ TURN LEFT, ½ TURN LEFT, ¼ TURN LEFT, BEHIND, SIDE, CROSS

1,2 ½ turn right & LF step back, ½ turn right & RF step forward
3,4 LF step forward, ½ turn left & RF step back
5,6 ½ turn left & LF step forward, ½ turn left & RF step back
7&8 ¼ turn left & LF step behind RF, RF step side, LF step cross

(Option count 1,2,3,4,5, : walk LF- RF-LF-RF-LF)

STEP SIDE, HOLD, ¼ TURN LEFT, STEP, ¼ TURN LEFT, CROSS, HOLD

1,2 RF step side (bend right knee), hold
3,4 ¼ turn left & LF step forward, RF step forward
5,6 ¼ turn left & LF step side, RF cross over
7,8 LF step side, hold

(Option count 5,6,7,8:)

5,6 ½ turn left & LF step side, ½ turn left & step RF back
7,8 ¼ turn left & LF step side, hold

Restart: In wall 3 you will only dance the first 8 counts then restart the dance.

Have fun!!