

# Sixteen Tons

拍数: 48      墙数: 4      级数: Phrased High Beginner  
编舞者: Colin Ghys (BEL) & José Miguel Belloque Vane (NL) - January 2024  
音乐: Sixteen Tons - Tennessee Ernie Ford



**Intro: 8 Counts, Start at approx 7 secs**

**Sequence: A, A, B, A, A, B, A, A, B+, A, A, Ending**

## Part A

### SEC 1 Cross, Point, Cross, Point, Jazzbox Cross

- 1-2      Cross right over left, point left to left
- 3-4      Cross left over right, point right to right
- 5-6      Cross right over left, step left back
- 7-8      Step right to right, cross left over right

### SEC 2 Side, Touch Heel Diagonally Forward, Hold, Together, Cross, Hold, ½ Bounce Heels

- &1-2      Step right to right, touch left heel forward to left diagonal, hold
- &3-4      Step left beside right, cross right over left, hold
- 5-6-7-8      Turn ½ left bounce both heels 4 times

### SEC 3 Step, Brush, Step, Brush, Step, ½ Pivot, Step, ¼ Pivot

- 1-2      Step right forward, brush left forward
- 3-4      Step left forward, brush right forward
- 5-6      Step right forward, pivot ½ left transferring weight on to left (12:00)
- 7-8      Step right forward, pivot ¼ left transferring weight on to left (9:00)

### SEC 4 Out Out, Hold, Hip Bumps, Hold, Hip Bumps x4

- &1-2      Step right to right, step left to left, hold
- 3-4      Bump hips left, hold
- 5-6      Bump hips right, bump hips left
- 7-8      Bump hips right, bump hips left

## Part B

### SEC 1 Cross, Back, Back, Cross, Back, Side, Drag, Flick

- 1-2      Cross right over left, step left back
- 3-4      Step right back, cross left over right
- 5-6      Step right back, step left to left
- 7-8      Drag right towards left, flick right behind left

### SEC 2 Side, Flick, Side, Touch, Side, Touch, Side, Touch

- 1-2      Step right to right, flick left behind right
- 3-4      Step left to left, touch right beside left
- 5-6      Step right to right, touch left beside right
- 7-8      Step left to left, touch right beside left

**Note On Part B+ Hold 2 counts before restarting with Part A**

**Ending Hold for Approx 10 secs, until the music restarts, then dance the first 8 counts of Part B**

**Last Update - 27 Jan 2024 - R1**