

16 Tons

拍數: 64 牆數: 2 級數: Improver
編舞者: Michael Vera-Lobos (AUS) - November 2011
音樂: 16 Tons - LeAnn Rimes : (CD: Lady & Gentlemen)



Dance Starts: 32 Count Intro

[&1-8] Out Out, Cross Kick, Out Out, R Sailor, Touch Behind, $\frac{3}{4}$ L, Point Side

&1,2 Stepping R out to R Step L to L, Cross Kick R over L (12:00)
&3 Stepping R out to R Step L to L (12:00)
4&5 Cross R behind L & Rock L to L, Replace wt on R (12:00)
6,7,8 Touch L behind R, Unwind $\frac{3}{4}$ L (End wt L 3:00), Point R toe to R side (3:00)

[&9-16] & Cross Touch, $\frac{1}{2}$ Unwind , R Coaster, Full Spin Fwd R, Shuffle Fwd L

&1,2 Stepping onto R Touch L toe over R, Unwind $\frac{1}{2}$ R Ending with Wt on L (9:00)
3&4 Step back on R & Step L beside R, Step fwd R (9:00)
5,6 (travelling fwd) Turn $\frac{1}{2}$ R stepping L back, Turn $\frac{1}{2}$ R stepping R fwd (9:00)
7&8 Shuffle fwd L Stepping L,R,L (9:00)

[17-24] Step Back, Kick Side, Step Back, Kick Side, Rock Back, Replace, Step Fwd, $\frac{1}{2}$ Pivot L

1-4 (travelling back) Step R slightly behind L, Kick L to L side, Step L slightly behind R, Kick R to R side (9:00)
5-8 Rock back R, Rock fwd L, Step fwd R, Pivot $\frac{1}{2}$ L (3:00)

[25-32] $\frac{1}{4}$ L, Hold/ Click, Behind & Side, Cross, Side Rock, Replace, Cross Shuffle

1,2 Turning $\frac{1}{4}$ L Step R to R, Hold Clicking both hands to side (Wt R) (12:00)
3&4 Cross L behind R & Step R to R, Cross L over R (12:00)
5,6 Side Rock, Replace
7&8 (travelling left) Cross Shuffle R over L Stepping R,L,R (12:00)

[33-40] $\frac{1}{4}$ Toe Strut R, $\frac{1}{2}$ Toe Strut R, L Mambo, Rock Back, Replace

1,2 Turning $\frac{1}{4}$ R Toe Strut back on L (3:00)
3,4 Turning $\frac{1}{2}$ R Toe strut fwd on R (9:00)
5&6 Rock fwd L & Rock back on R, Step back on L (9:00)
7,8 Rock back on R lifting L heel, Rock fwd on L (9:00)

[41-48] $\frac{1}{2}$ Shuffle L, Rock Back, Replace, $\frac{1}{2}$ L, $\frac{1}{4}$ L, Cross & Heel

1&2 Turning $\frac{1}{2}$ L Shuffle R,L,R (3:00)
3,4 Rock back on L, Rock fwd on R (3:00)
5,6 (travelling fwd) Turn $\frac{1}{2}$ R Stepping back on L, Turn a further $\frac{1}{4}$ R Ending with R to R side (12:00)
7&8 Cross L over R & Step R to R, Touch L heel to L side (12:00)

[49-56] Ball Cross, $\frac{1}{4}$ R, R Coaster, Rock Fwd, Replace, $\frac{3}{4}$ Triple L

&1,2 Stepping onto L Cross R over L, Turning $\frac{1}{4}$ R Step back on L (3:00)
3&4 Step back on R & Step L beside R, Step fwd on R (3:00)
5,6 Rock fwd L, Rock back on R (3:00)
7&8 $\frac{3}{4}$ Triple L on the spot Stepping L,R,L (6:00)

[57-64] Cross, Point, Cross, Point, Jazz Box Cross

1-4 (travelling fwd) Cross R over L, Point L to L side, Cross L over R, Point R to R side (6:00)
5-8 (With attitude)–Cross R over L, Step back on L, Step slightly back on R, Cross L over R (6:00)

TAG: End of Wall 1 & 4

1-8 Side Shuffle R, Rock back L , Rock fwd R, Side Shuffle L, Rock back R, Rock fwd L

Finish: End of Tag on Wall 4—Step R to R dragging L
