

“SIXTEEN TONS WEST COAST”

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MUSIC: “Sixteen Tons” by Tom Jones, CD: Green Grass Of Home or Gold 65-75
released Jan 11, 2005

PHASE & RHYTHM: Phase VI West Coast Swing [Contact Choreographer for Availability]

SEQUENCE: INTRO, A, A, B, B Mod, END

INTRO

OP FCing POS Man fc LOD (Lady RLOD) lead ft free no hds

1-4 WAIT;; KICK / BALL CHG & STP TOG for 2 BOUNCE SNAPS & APT to FC;;
1-2 ; [WAIT] Wait 2 ms OP FCing POS no hds Man fc LOD (Lady RLOD) lead ft free;;
3 [&2][3] [KICK / BALL CHG] Kick L fwd/ cl L to R, sip R, (W kick R fwd/ cl R to L, sip L,) [STP TOG for 2 BOUNCE SNAPS & APT to FC]
Fwd L swvl rf BK TO BK “V” fc DRW, lower w/ snaps, rise (W fwd R swvl lf BK to BK “V” fc DLW, lower w/ snaps);
4 3] Rise, lower w/ snaps, apt R swvl lf fc LOD join both hds, (W rise, lower w/ snaps, fwd L swvl rf fc RLOD join both hds, ;)

PART A

1-4 RUNAWY SUGAR PUSH join RT HDS;;, start LT SD PASS to VARS SWVL WK 4 & TRIPLE OUT to FC;;;

1 [123&4] [RUNAWY SUGAR PUSH] Fc LOD bk L, fwd R, sip L/R, L (W fc RLOD fwd R, fwd L rf trn fc LOD, fwd R/fwd L, fwd R lf trn fc RLOD);
2 [1&2][3&4] Sip R/L, R rt hds, (W sip L/R,L rt hds,) [LT SD PASS to VARS SWVL WK 4 & TRIPLE OUT to FC] Bk L lf trn, cl R (W fwd R, fwd L);
3 [1&23&4] Sip L/R, L VARS RLOD, swvl wk fwd R, L (W lf trn sip R/L, R VARS RLOD, swvl wk fwd L, R);
4 [123&4] Swvl wk fwd R, L, Sip R/L, R rt hds joined fc RLOD (W swvl wk fwd L, R, lf trn L/R, L rt hds joined fc LOD);

5-8 REV WHIP;; SYNC UNDERARM PASSing VOLTAS;;

5 [123&4] [REV WHIP] Fc RLOD rt hds bk L, fwd R, rf trn sd L/cl R, fwd L LOD (W fc LOD rt hds fwd R, fwd L lf trn, bk R/cl L, fwd R RLOD);
6 [123&4] Rf trn fwd R, fwd L sip R/L R fc RLOD lead hds (W rf trn bk L, bk R, sip L/R, L fc LOD lead hds);
7 [&1_&3] [SYNC UNDERARM PASSing VOLTAS] /Fc RLOD trng rf lady passing under lead hds cl L to R; xRif, ;/sd L, xRif, ;
(W /fc LOD trng lf & passing under lead hds cl R to L; xLif, ;/sd R, xLif, ;)
8 [&123&4] /Sd L, xRif, sd L, bk R/cl L, fwd R fc LOD (W /sd R, xLif, sd R, bk L/cl R, fwd L fc RLOD);

9-12 SERPENTINE LT SD PASS w/ TWL & KICK / BALL CHG;; UNDERARM REV WHIP;;

9 [123&4] [SERPENTINE LT SD PASS w/ TWL & KICK BALL CHG] Fc LOD bk L lf trn, cl R, sip L/R, L
(W fc RLOD fwd R, fwd L, lf rotation passing ptr fwd R/L, R start rf rotation);
10 [1&2][&4] Sd R/xLif, sd R fc RLOD. (W sd L/xRif, sd L fc LOD [KICK/BALL CHG] Kick L fwd/cl L to R, sip R (W kick R fwd/cl R to L, sip L);
11 [123&4] [UNDERARM REV WHIP] Fc RLOD ld hds bk L, fwd R lady pass under ld hds, rf trn sd L/cl R, fwd L LOD
(W fc LOD ld hds fwd R, fwd L lf trn under ld hds, bk R/cl L fwd R RLOD);
12 [123&4] Rf trn fwd R, fwd L, sip R/L, R fc RLOD join both hds (W rf trn bk L, bk R, sip L/R, L fc LOD join both hds);

13-16 WRAPPED WHIP w/ SURPRISE WHIP END;; CHICKEN WKS 2 Slo & 4 Qk;;

13 [123&4] [WRAPPED WHIP w/ SURPRISE WHIP END] Both hds RLOD bk L, fwd R, rf trn sd L/cl R, fwd L WRAPPED Pos fc LOD
(W both hds fc LOD fwd R, fwd L, fwd R/cl L, bk R WRAPPED POS fc LOD);
14 [123&4] Ck fwd R, rec bk L lead ptr rf trn, sip R/L, R lead hds fc LOD (W ck bk L, rec fwd R rf trn sip L/R, L fc RLOD);
15 [1_3] [CHICKEN WKS] Lead hds fc LOD leading lady’s swvls bk L, ;, bk R, ; (W lead hds fc RLOD swvl wk fwd R, ;, swvl wk fwd L, ;);
16 [123&4] Leading lady’s swvls bk L, bk R, bk L, bk R fc LOD (W swvl fwd R, swvl fwd L, swvl fwd R, swvl fwd L fc RLOD);

17-18 KICK / BALL CHG & STP TOG for 2 BOUNCE SNAPS & APT to FC;;

17 [&2][3] [KICK/BALL CHG] LOD kick L fwd/cl L to R, sip R, (W kick R fwd/cl R to L, sip L.); [TOG for BOUNCE SNAPS & APT to FC]
Fwd L swvl rf BK TO BK “V” fc DRW, lower w/ snaps (W fwd R swvl lf BK to BK “V” fc DLW, lower w/ snaps);
18 3] Rise, lower w/ snaps, apt R swvl lf to fc ptr & LOD join both hds, (W rise, lower w/ snaps, apt L swvl rf to fc ptr & RLOD join both hds);

PART A

1-4 RUNAWY SUGAR PUSH join RT HDS;;, start LT SD PASS to VARS SWVL WK 4 & TRIPLE OUT to FC;;;

5-8 REV WHIP;; SYNC UNDERARM PASSing VOLTAS;;

9-12 SERPENTINE LT SD PASS w/ TWL & KICK / BALL CHG;; UNDERARM REV WHIP;;

13-16 WRAPPED WHIP w/ SURPRISE WHIP END;; CHICKEN WKS 2 Slo & 4 Qk;;

17-18 KICK / BALL CHG & STP TOG for 2 BOUNCE SNAPS & APT to FC;;

"SIXTEEN TONS WEST COAST" Cont.

PART B

- 1-4** WHIP w/ HD CHG BEH BK (STACK HDS);; VARS WHIP;;
1 [123&4] [WHIP w/ HD CHG BEH BK] Fc LOD bk L, fwd R, rf trn sd L/cl R, fwd L RLOD (W fc RLOD fwd R, fwd L, rf trn bk R/cl L, fwd R LOD);
2 123&4] Chging lead hds to rt hds beh ptr's back w/ rf trn fwd R, fwd L sip R/L, R fc LOD stack hds lt over rt
(W chging lead hds to rt hds beh back w/ rf trn bk L, bk R, sip L/R, L fc RLOD stack hds lt over rt);
3 [123&4] [VARS WHIP] Fc LOD bk L, fwd R, rf trn sd L/cl R, fwd L VARS RLOD (W fc RLOD fwd R, fwd L, fwd R/cl L, bk R VARS fc RLOD);
4 123&4] Rf trn fwd R, fwd L, sip R/L, R fc LOD lead hds (W bk L, bk R, sip L/R, L fc RLOD lead hds);
- 5-8** LT SD RUNAWAY w/ RONDE & CL;; SYNC UNDERARM PASSING VOLTAS;;
5 [123&4] [LT SD RUNAWAY w/ RONDE & CL] Fc LOD bk L lf trn, cl R, bk L/cl R, fwd L (W fc RLOD fwd R, fwd L, lf trn fwd R/fwd L, fwd R);
6 _3_] Ronde R ccw w/ lf swvl, __, cl R to L fc RLOD, __ (W ronde L cw w/ rf swvl, __, cl L to R fc LOD, __);
7 &;1_&3_] [SYNC UNDERARM PASSING VOLTAS] /Fc RLOD trng rf lady passing under lead hds cl L to R; xRif, __/sd L, xRif, __
(W /fc RLOD trng lf & passing under lead hds cl R to L; xLif, __/sd R, xLif, __);
8 &;123&4] /Sd L, xRif, sd L, bk R/cl L, fwd R fc LOD (W /sd R, xLif, sd R, bk L/cl R, fwd L fc RLOD);
- 9-12** SUGAR PUSH join RT HDS;;, TOG for CONT VARS HITCHES & TRIPLE OUT to FC;;;
9 [123&4] [SUGAR PUSH] Fc LOD bk L, cl R, sip L/R, L (W fc RLOD fwd R, fwd L, cl R/lk Lif, bk R);
10 1&2][12] Sip R/L, R fc LOD rt hds, (W sip L/R, L fc RLOD rt hds,) [CONT VARS HITCHES & TRIPLE to FC] Bk L, fwd R rf trn VARS WALL
(W fwd R, fwd L lf trn VARS WALL);
11 1&23&4] Sd L/rec R, cl L, sd R/rec L, cl R VARS WALL (W lf trn to RT VARS bk R/cl L, fwd R, rf trn to LT VARS bk L/cl R, fwd L fc RLOD);
12 1&23&4] Sd L/rec R, cl L, lf trn lead ptr rf trn sip R/L, R fc LOD (W lf trn to RT VARS bk R/cl L, fwd R, rf trn sip L/R, L fc RLOD);
- 13-16** WHIP w/ INSD UNDERARM TRN both HOOK TRN;; FC for CHICKEN WKS 2 Slo & 4 Qk;;
13 [123&4] [WHIP w/ INSD UNDERARM TRN both HOOK TRN] Fc LOD bk L, fwd R, rf trn sd L/cl R, fwd L RLOD
(W fc RLOD fwd R, fwd L, rf trn bk R/cl L, fwd R LOD);
14 123&4] Rf trn fwd R, fwd L, hook Rib/lf trn cl L, fwd R fc RLOD (W rf trn bk L, bk R, hook Lib/lf trn cl R, fwd L fc LOD);
15 [1_3_] [CHICKEN WKS] Lead hds swvl to fc LOD leading lady's swvls bk L, __, bk R, __
(W lead hds swvvl to fc RLOD swvl wk fwd R, __, swvl wk fwd L, __);
16 1234] Leading lady's swvls bk L, bk R, bk L, bk R fc LOD (W swvl fwd R, swvl fwd L, swvl fwd L fc RLOD);
- 17-18** KICK / BALL CHG & STP TOG for 2 BOUNCE SNAPS & APT to FC;;
17 [&2][3_] [KICK/BALL CHG] LOD kick L fwd/cl L to R, sip R, (W kick R fwd/cl R to L, sip L); [TOG for BOUNCE SNAPS & APT to FC]
Fwd L swvl rf BK TO BK "V" fc DRW, lower w/ snaps (W fwd R swvl lf BK to BK "V" fc DLW, lower w/ snaps);
18 _3_] Rise, lower w/ snaps, apt R swvl lf to fc ptr & LOD, __ (W rise, lower w/ snaps, apt L swvl rf to fc ptr & RLOD);

PART B Mod

- 1-4** WHIP w/ HD CHG BEH BK (STACK HDS);; VARS WHIP;;
5-8 LT SD RUNAWAY w/ RONDE & CL;; SYNC UNDERARM PASSING VOLTAS;;
9-12 SUGAR PUSH join RT HDS;;, for CONT VARS HITCHES & TRIPLE OUT to FC;;;
13-18 WHIP w/ INSD UNDERARM TRN both HOOK TRN;; [on "I owe"] Slo SWVL to FC;
13 [123&4] [WHIP w/ INSD UNDERARM TRN both HOOK TRN] Fc LOD bk L, fwd R, rf trn sd L/cl R, fwd L RLOD
(W fc RLOD fwd R, fwd L, rf trn bk R/cl L, fwd R LOD);
14 123&4] Rf trn fwd R, fwd L, hook Rib/lf trn cl L, fwd R fc RLOD (W rf trn bk L, bk R, hook Lib/lf trn cl R, fwd L fc LOD);
15 _____ [Slo SWVL to FC] On "*I owe*" slo swvl lf on R fc ptr & LOD, __, __, __ (W on "*I owe*" slo swvl rf on L fc ptr & RLOD, __, __, __);
- [on "soul"] CHICKEN WKS 2 Slo & 4 Qk;; [on "to the company"] SWVL TOG & APT;
16 [SS] [CHICKEN WKS] Lead hds fc LOD on "*soul*" leading lady's swvls bk L, __, bk R, __
(W lead hds fc RLOD on "*soul*" swvl wk fwd R, __, swvl wk fwd L, __);
17 QQQQ] Leading lady's swvls bk L, bk R, bk L, bk R fc LOD (W swvl fwd R, swvl fwd L, swvl fwd R, swvl fwd L fc RLOD);
18 1_3_] [SWVL TOG & APT] On "*to the company*" tog L swvl rf to BK to BK "V", __, apt R swvl lf to fc ptr & LOD, __
(W on "*to the company*" tog R swvl lf to BK to BK "V", __, apt L swvl rf to fc ptr & RLOD, __);

END

- 1-3** [on "store"] STP TOG for 3 BOUNCE SNAPS & APT to FC;; Slo SWVL BK to BK;
1 [1_____] [TOG for BOUNCE SNAPS & APT to FC] On "*store*" fwd L swvl rf BK TO BK "V" fc DRW, lower w/ snaps, rise, lower w/ snaps
(W on "*store*" fwd R swvl lf BK to BK "V" fc DLW, lower w/ snaps, rise, lower w/ snaps);
2 _____3_] Rise, lower w/ snaps, apt R swvl lf to fc ptr & LOD, __ (W rise, lower w/ snaps, apt L swvl rf to fc ptr & RLOD);
3 [1_____] [Slo SWVL BK to BK] Fwd L tog w/ slo rf swvl BK to BK, __, __, __ (W fwd R tog w/ slo lf swvl BK to BK, __, __, __);