

## 16 TONS FOXTROT

Choreographer: Tom Hicks (310)-714-2440 T.hicks6@gmail.com  
Music & Rhythm: "16 Tons", Leann Rimes "Lady & Gentlemen"  
Footwork: Opp unless indicated (W's footwork in parentheses) Phase IV +1(Nat Weave)  
Sequence: INTRO-A-B-INTER-A-B-C-A-B-END Foxtrot  
Avail on iTunes OR Amazon Release Nov 2022

### INTRO

#### **1-4 WAIT 2 MEAS NO HDS OP FAC WALL; TWISTY VINE 8 W/ SNAPS;;**

1-4 Wait 2 no hds OP fac Wall; **[Twisty Vine 8 w/ Snaps]** Sd L, XRIB (XLIF) of L snap both fingers, Sd L, XRIF (XLIB) of L snap both fingers; Repeat meas 3 of Intro join Id hds fac Wall;

#### **5-8 SD TCH 2X; TWIRL VINE 3 CHKG; SD TCH to RLOD & CHASSE TO SCP LOD; FEATHER TO DLW;**

5-8 **[Sd Tch 2X]** Sd L, Tch R to L no Wgt, Sd R Tch L to R no wgt; **[Twirl Vine 3]** Sd L raising the Id hds leading W to trng RF,-, XRIB of L trng W under the Id hds, Sd L lowering the hds chkg; (Sd R trng RF,-, Sd L trng RF under the joined hds, Sd R complete a full trn RF chkg;) **[Sd Tch & Chasse to SCP LOD]** Sd R twds RLOD, Tch L to R no wgt, Sd L/CI R to L, Sd & fwd L to SCP LOD; **[Feather]** Fwd & acrs R in SCP,-, Sd & fwd L leading W to trng LF, Fwd R in BJO facg LOD;

### PART A

#### **1-4 REVERSE WAVE;; BACK WHISK; WING TO SCAR RLOD;**

1-4 **[Rev Wave]** Fwd L trng LF leading W to do a heel trn,-, Sd & sl bk R cont trng LF, Bk L fac RLOD in CP; (Bk R trng LF,-, CI L to R Trng LF heel trn, Fwd R;) Bk R,-, Bk L, Bk R CP facg RLOD **[Bk Whisk]** Bk L trng RF,-, Sd & bk R trng RF to SCP RLOD, XLIB of R SCP RLOD; **[Wing to SCAR RLOD]** Fwd R,-, Draw L to R trng upper body LF, CI L to R no wgt trng upper body LF to SCAR RLOD; (Fwd L trng LF,-, Fwd R crossing in frt of M, Fwd L to SCAR;

#### **5-8 CHANGE OF DIRECTION TO BJO LOD; OUTSIDE SWIVEL & RUN 2 to SCP LOD; PROM WEAWE;;**

5-8 **[Chg of Direction]** Fwd L DRW,-, Fwd & Sd R trng LF facg DLW, Draw L to R no wgt; **[OS Swivel & Run 2]** Bk L trng RF leading W outside prt and swivel W RF to SCP LOD,-, Fwd R, L in SCP LOD; (Fwd R to BJO swivel ½ RF to SCP,-, Fwd L,R; **[Prom Weave]** Fwd & acr R in SCP comm LF trn leading W to blend to CP,-, Fwd & Sd L trng LF, Sd & sl bk R in BJO facg DRW; Bk L in BJO, Bk R comm LF trn, Sd & sl fwd L trng LF, Fwd R BJO facg DLW;

### PART B

#### **1-4 3 STEP; RIGHT LUNGE & REC; FEATHER FINISH; TELEMAR to SCP;**

1-4 **[3-Step]** Fwd L,-,Fwd R, Fwd L facg DLW; **[Rt Lng & Rec]** Lower into L knee Fwd R trng upper body sl LF,-, Rec bk L trng upper body sl RF,-; **[Feather Finish]** Bk R in CP trng LF, -, Sd & Fwd L blending to BJO DLC, Fwd R in BJO DLC; **[Telemark to SCP]** Fwd L trng LF leading W to do a heel trn,-, Sd & sl bk R cont trng LF, Sd & fwd L in SCP LOD; (Bk R trng LF,-, CI L to R Trng LF heel trn, Sd & fwd R to SCP;)

#### **5-8 RUN 2 & CHAIR; BK HOVER TO BJO DLW; NATURAL WEAWE;;**

5-8 **[Run 2 & Chair QQS]** In SCP Fwd R, L, Fwd R flex into R knee & chair,-; **[Bk Hvr to BJO]** Bk L in fallaway pos,-, Bk R leading W to trng LF, Brush L to R & rec fwd L to BJO DLW; (Bk R,-; Sd & fwd L trng LF, Sd & bk R trng to BJO;); **[Nat Weave]** Fwd & acr R in BJO comm RF trn,-, Fwd & Sd L trng RF leading W into a heel trn, Sd & sl bk R in BJO facg DRW; (Bk L in BJO,-, CI R to L heel trn, Fwd L in BJO facg DLC;); Bk L in BJO, Bk R comm LF trn, Sd & sl fwd L trng LF, Fwd R BJO facg DLW;

### INTERLUDE

#### **1-2 SLOW OUTSIDE SWIVEL 2X TO CP DLW;;**

1-2 **[Slow OS Swivel 2X to CP DLW]** Bk L trng RF leading W outside prt and swivel W RF to SCP LOD,-, Fwd R in SCP trng LF swivel W LF to BJO,-; Repeat meas 1 to CP DLW;

### REPEAT PART A

### REPEAT PART B

**PART C**

**1-4 HOVER TO SCP; MAN CHK & PT LADY ROLLS ACROSS TO LOP FAC WALL; VINE 8 SD BY SD;;**

1-4 **[Hvr to SCP]** Fwd L,-, Sd & Fwd R trng W RF to SCP, Fwd L SCP LOD **[M Chks Lady Rolls Acrs to LOP Fac Wall]** Fwd & acrs R chkg leading W to cross in frt of M,-, Rec bk L, Pt R bk twds RLOD no wgt; (Fwd & acrs L trng LF,-, Sd R trng LF, Sd L trng LF to fac Wall;) **[Vine 8]** Both XRIF of L, Sd L, XRIB of L, Sd L; Repeat meas 3 of Part C;

**5-8 QK CROSS CHK & SD; REVERSE TWIRL TO RLOD M CHASSE; TURNING HOVER TO SCP LOD; PROM CHASSE TO LOD;**

5-8 **[Qk Crs Chk & Sd]** Both XRIF of L down LOD chkg, Rec Bk, Sd R trng RF twds RLOD,-; **[Rev Twirl to RLOD M Chasse]** Fwd L twds RLOD raising the Id hds leading W to pass M,-, Sd R/Cl L to R trng W under the raised Id hds, Sd & fwd R to LOP fac RLOD; (Fwd L trng LF,-, Sd & fwd R trng LF under the joined hds, Sd & fwd L trng LF to LOP RLOD;) **[Trng Hover to SCP]** Fwd L twds RLOD,-, Sd & fwd R trng LF, Brush L to R trng LF to SCP LOD; **[Prom Chasse]** Fwd & acrs R in SCP,-, Sd L/Cl R to L, Sd & fwd L SCP LOD;

**9-12 WEAVE 3; BK TWISTING VINE 4; OUTSIDE CHANGE TO SCP; THRU VINE 4;**

9-12 **[Weave 3]** Fwd & acr R in SCP comm LF trn leading W to blend to CP,-, Fwd & Sd L trng LF, Sd & sl bk R in BJO facg DRW; **[Bk Twisty Vine 4]** Bk L in BJO, Sd R trng RF, Fwd L to SCAR, Sd R trng LF to BJO RLOD; **[Outside Chg to SCP LOD]** Bk L in BJO,-, Bk R trng LF, Sd & fwd trng LF to SCP LOD; (Fwd R in BJO,-, Fwd L, Fwd R trng LF to SCP LOD;) **[Thru Vine 4]** Fwd & acrs R in SCP LOD, Sd L facg Wall, XRIB, Sd & fwd L to SCP LOD;

**13-16 IN & OUT RUNS 3X TO BJO RLOD;;; HESITATION CHANGE TO CP DLW;**

13-16 **[In & Out Runs 3X]** Fwd & acrs R in SCP comm RF trn,-, Fwd & Sd L trng RF crossing in frt of W, Sd & sl bk R in BJO facg RLOD; Bk L trng RF,-, Cl R to L heel trn leading W arnd the M, Sd & fwd L trng RF to SCP LOD; Repeat Meas 13 of Part C; **[Hes Chg to fac DLW]** Bk L trng RF, -, Sd & fwd R trng RF fac DLW, Cl L to R no wgt;

**REPEAT PART A**

**REPEAT PART B**

**ENDING**

**1-5 SLOW OUTSIDE SWIVEL 2X TO SCP LOD;; SYNC RUN 6;;; OVERSWAY;; HOLD & CHANGE SWAY;**

1-5 **[SI OS Swivel 2 X to SCP]** Repeat Meas 1-2 of Interlude ending SCP;; **[Sync Run 6]** Fwd L/Fwd R,-, Fwd L/Fwd R,-; Fwd L/Fwd R,-, **[Oversway & Chg]** Sd & fwd L to SCP stretching L sd,-; Holding for the last beat & Sway to R;