



16 TONS

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Music: Masters of Modern # 7 Track # 11

Sequence: INTRO – A – INTER # 1 –A MOD – INTER # 2 – A meas 1-8 – B- END PH 5 + FT

Footwork: Opposite, unless noted (W's footwork & timing in parentheses) Difficulty Level: Solid PH 5

Timing: Standard Foxtrot (SQQ) unless noted

Version 1.0

(7/07)

INTRO

MEAS:

1-4 FACING PTR L FT FREE FOR BOTH IN PRESS LINE L HIPS ADJACENT - M FC DRW W FC DLC W ON M'S L SD WT P/U NOTES – HIP LIFTS w/SNAPS;; SWITCH CHG SDS M FC DLC W FC DRW BOTH R FT FREE HIP LIFTS 3 w/SNAPS JN LEAD HDS

1-2 **[hip lifts/snaps]** L ft press In wait p/u nts lift L hip , lower hip & snap, lift L hip, lower hip & snap; REPEAT Meas 1;

3 – 4 **[switch & hip lifts]**Fwd L twd trn RF R hips adjacent, R ft press In, lift R hip, lower & snap; lift R hip, lower & snap, lift R hip, lower & jn ld hds;

PART A

1-4 LD HDS JND W OPEN WRAP M TRN TRANS (ss) FC DLC; FEA; BOUNCE REV FALLAWAY BJO; WEAVE END;

ss (qqs)

1-2 **[op wrap trans]** Fwd R ld W fwd under jnd lead hds, -, fwd L trn RF release trail hds (W fwd R under lnd lead hds, -, XLIF of R, sd & bk R) end fc DLC;

[fea] Fwd R, -, fwd L, fwd R (W bk L, -, bk R, bk L) blend CP/DLC;

3 -4 **[bounce fallaway bjo]** With bounce action Fwd L, trn LF sd R, bk L well under body, bk R (W bk R, bk L, bk R trn LF, fwd L outsd ptr) BJO/RLOD;

[weave end] Bk L, bk R comm LF trn, sd & fwd L cont trn, fwd R outsd ptr (W fwd R outsd ptr, fwd L, comm LF trn, sd & bk R, bk L) BJO/LOD:

5-8

HVR TELE; OP NAT; BK LILT, / OUTSIDE SPN TO HEST CHG SCAR/DLC;;

5-6 **[hvr tele]** Fwd L, -, fwd & slightly sd R between W's feet rising & trn RF, cont RF trn sd & fwd L to SCP/DLW ; **[op nat]** Fwd R comm RF trn, -, fwd & sd L cont RF trn, cont RF trn sd & bk R (W fwd L, -, fwd R between M's feet, sd & fwd L) to BJO/DRC;

qqqs qqqs

7-8 **[bk lilt]** BJO bk L rise, sml step R & lower (W fwd R rise, sml step L & lower),

[outsd spn to hest chg]Comm RF trn replace wgt to L (W comm. RF trn fwd R arnd ptr), -; fwd R arnd ptr spin RF, bk L cont trn, cont trn sd & fwd R, drag L to R (W cl L to R on toes for toe spin RF, fwd R bet ptrs feet, cont trn sd & bk L, drag R to L) SCAR/DLC,-;

9 – 12

SCAR/DLC QK FEA 4 BJO/DLC; REV WAVE; ; BK TIPPLE CHASSE PVT ;

qqqq

9 – 10 **[qk fea 4]** Fwd L outsd ptr, fwd R blend thru CP, fwd L, fwd R BJO/DLC ; **[start rev wave]**) Fwd L comm LF trn-, fwd & sd R cont LF trn DCR (W heel trn), bk L CP/DCR;

11-12 **[fin rev wave]** Bk R,-, bk L, bk R fc RLOD; **[chasse pvt]** Bk L comm RF trn,-, w/slight R sway sd R cont RF trn/cl L to R then lose sway, fwd LOD R between W's ft pivoting RF to CP face RLOD;

sq&q

13- 16

CP/RLOD INSIDE SWVL LILT PVT; BK TO LF WHISK CP/DRW; M HOLD W OT FULL CURL FC DRW; FWD 3 W OUT TO FC TO PRESS LN LEFT FT FREE FOR BOTH;

qqqs

13-14 **[inside swvl pvt]** CP/RLOD Bk L trn body RF to swvl W to SCP, fwd R strong rise with LF body trn cont trn fwd L sml step (W fwd R bet ptr ft swvl RF SCP/RLOD, fwd L rise & trn LF, cl R) CP/DRW; **[L whisk]** Bk R com LF trn, bk & sd L cont LF trn, XRIB of L looking twd W (W fwd L comm LF trn, fwd & sd R cont LF trn, XLIB of R cont LF trn head well to L with a feeling of RSCP) CP/DRW, -;

Hold (ss)

15-16 **[sl curl]** hold, - lead W to comm LF trn under jnd ld hds, -, -(W rec R, -, swvl LF under jnd ld hds, cont LF trn) fc DRW; **[w out to fc press In]** Fwd L, fwd R, press L ft fwd (W fwd L, fwd R trn LF, press L)with L hips adjacent M fc DRW W fc DLC {sm pos as intro},-;

INTERLUDE # 1

1- 4 FACING PTR L FT FREE FOR BOTH IN PRESS LINE L HIPS ADJACENT - M FC DRW W FC DLC W ON M'S L SD HIP LIFTS 4 w/SNAPS;; FWD CHG SDS M FC DLC W FC DRW BOTH R FT FREE HIP LIFTS 3 w/SNAPS JN LD HDS DLC;;

1-2 Repeat meas 1 & 2 of intro;;

3-4 Repeat meas 3 & 4 of intro;;

PART A MODIFIED

1-4 LD HDS JND W OPN WRAP M TRN TRANS BOTH FC DLC; FEA; BOUNCE REV FALLAWAY BJO; WEAVE END;

1-2 Repeat meas 1 & 2 of Part A;;

3-4 Repeat meas 3 & 4 of Part A;;

5-8 HVR TELE; OP NAT; BK LILT RELEASE(W FWD 4 TO) LOP/WALL;

SM FT WK R FT FREE CROSS LIFT KNEE w/ARMS:

5-6 Repeat meas 5 & 6 of Part A;;

qqq(qqqq) 7-8 [bk lilt release w fwd 4] BJO bk L rise, sml step R lower comm RF body trn release ptr, cont RF trn bk L pvt (W fwd R rise, sml step L lower, fwd R trn RF, sd L fc Wall) both have R ft free,-;

qqq [x lift knee w/arms] LOP/WALL both XRIF of L, both lift L knee bring arms in an across body, sd L bring arms out to side,-;

INTERLUDE # 2

1 -4 M HOLD W X PT TWICE; M HOLD W FWD TRN PRESS RT FT; W HOLD M X PT TWICE; W HOLD M FWD 2 PRESS RT FT;

qqqq 1-2 [w x pt twice] M hold W pl hds on hips XRIF of L, pt L to sd extend L arm out , pl L hd on L hip XLIF of R, pt R to sd extend R out out; [W fwd 2 trn/press]M hold W fwd R, fwd L trn RF to fc DRC, press R fwd, - ;

3-4 [m x pt twice] W hold M pl hds on hips XRIF of L, pt L to sd extend L arm out, pl L hd on L hip XLIF of R, pt R to sd extend R arm out; [M fwd 2 press]W hold M fwd R, fwd L, press R fwd, - both have R ft free;

PART A Meas. 1 – 8*

1-4 LD HDS JN W OPN WRAP M TRN TRANS (ss)BOTH FC DRW; FEA; BOUNCE REV FALLAWAY BJO WEAVE END;

1-2 Repeat meas 1 & 2 of Part A;;

3-4 Repeat meas 3 & 4 of Part A;;

5-8 HVR TELE; OP NAT; BK LILT, / OUTSIDE SPN TO HEST CHG CP/LOD;;

5-6 Repeat meas 5 & 6 of Part A;;

7-8 Repeat meas 7 Part A; * Repeat meas 8 of Part A end in CP/DLC;

PART B

1-4 CP/LOD 3 STEP; NAT FALLAWAY RONDE; BOUNCE FALLAWAY; WEAVE END;

s&s 1-2 [3 step] Fwd L,-, fwd R, fwd L; [nat fallaway ronde] Comm RF trn fwd R,-/cont trn sd L cont bk R trn W to fallaway pos (W comm RF trn bk L, -/cont trn cl R to L, sd & bk L allow R leg to ronde CW keep R sd in to M) SCP/DRW,-;

qqqq 3-4 [bounce fallaway] Bk L, cl R to L, bk L, comm slight LF body trn to trn W to BJO, cl R (W bk R, cl L, bk R trn LF, sd & fwd L outsd ptr) BJO/RL0D;

qqqq [weave end] Bk L, bk R comm LF trn, sd & fwd L cont trn, fwd R outsd ptr (W fwd R outsd ptr, fwd L, comm LF trn, sd & bk R, bk L) BJO/LOD;

5-8 HVR TELEMARK SCP/DLW; WHIPLASH; BOUNCE SWAY CHG; QK BK FEA FIN 4;

5 -6 [hvr tele] Fwd L, -, fwd & slightly sd R between W's feet rising & trn RF, cont RF trn sd & fwd L to SCP/DLW; [whiplash] Thru R lowering ronde L CW, -, trn body slight LF to trn W to BJO with R sd stretch, pt inside edge of L toe LOD (W Thru L lowering ronde R CCW,-, trn body slight LF to BJO with L sd stretch head well to R, still down pt inside edge of R toe LOD),-;

qqqq 7-8 [bounce sway chg] Staying into R knee slowly chg sway with bounce action closing W's head; [qk fea fin 4] Bk L, bk R comm slight LF trn, sd & fwd L, fwd R BJO/DLC;

- 9-10** REV WAVE; ; BK TIPPLE CHASSE PVT ; CP/RL0D INSIDE SWVL LILT PVT ;
qqqq **9 – 10** **[rev wave]** Fwd L comm LF trn-, fwd & sd R cont LF trn DCR (W heel trn), bk L CP/DCR;
s&qq Bk R,-, bk L, bk R fc RLOD;
- 11-12** **[chasse pvt]** Bk L comm RF trn,-, w/slight R sway sd R cont RF trn/cl L to R then lose sway, fwd
 LOD R between W's ft pivoting RF to CP face RLOD;
- qqq** **[inside swvl lilt pvt]** CP/RL0D Bk L trn body RF to swvl W to SCP, fwd R strong rise with LF
 body trn, fwd L sml step (W fwd R swvl RF SCP, fwd L rise & trn LF, cl R), - CP/DRW;
- 13- 16** **BK TO LF WHISK; REC W SL CURL DLW; M HOLD W OUT TO LOP/WALL RT FT FREE FOR**
BOTH; SM FT WK CROSS LIFT KNEE SD w/ARMS;
- qqq** **13-14** **[L whisk]** Bk R com LF trn, bk & sd L cont LF trn, XRIB of L looking twd W (W fwd L comm LF
 trn, fwd & sd R cont LF trn, XLIB of R cont LF trn head well to L with a feeling of RSCP)
 CP/DLW, -; **[rec W curl]** Rec L, lead W to comm LF trn under jnd ld hds, - , - (W rec R, -, swvl LF
 under jnd ld hds, cont LF trn fc DLW);
- 15-16** **[W out to sd by sd/lop/wall]** DLW M hold, -, (W fwd L, R, L ,), - lop/wall ; **[x lift knee w/arms]**
 LOP/WALL both XRIF of L, lift L knee bring arms in an across body, sd L bring arms out to side,-;
- END**
- 1-2** **JN LD HDS RT FT FREE FRONT VN 5;,- LOWER TO LUNGE/ W SWIVL SIT;**
1-2 **[vn 5]** XRIF of L, sd L, XRIB of L, sd L; XRIF of L,- , lower into R knee pt L out to sd with R sd
 stretch extend R arm up and out (W XRIF of L,- , swivel RF on R ronde L cl L to R fc DRW, lower
 into knees to sit with L sd stretch extend L arm up and out) , -;