

# "SIXTEEN TONS WEST COAST"

Round A Rama  
Institute 2011  
Dance "B"

**CHOREOGRAPHER:** Kay & Joy Read, 1151 Leisure World, Mesa, AZ 85206, Ph: (480)-361-8647  
[kread@cvm.tamu.edu](mailto:kread@cvm.tamu.edu)

**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][34] 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&234 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 RLOD 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 Sio & 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** 1234] 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 Sio & 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] Chnging 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 chnging 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 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** **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/rf 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/rf 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, \_\_, \_\_, \_\_);