



# SIXTEEN TONS

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**Music:** Collectables COL 6300, Tennessee Ernie Ford, flip "A hundred pounds of clay"  
 Or mp3 download from Amazon or others. Time 2:33 @ speed 44

**Footwork:** Opposite unless otherwise indicated (*lady 's footwork between brackets*)

**Rhythm & RAL Phase:** **Jive V**

**Sequence:** **Intro – AB – A – B Mod**

Re-visited Feb 2016

## INTRODUCTION

**1 - 4 WAIT ; VINE 3 HOLD ; SLOW HOOK ; UNWIND TO CP ;**  
 BFLY WALL wt 4 notes; sd L, XRIB, sd L,-; -, hook RIF (W LIF),-,-; [on "some"] unwind LF full tm to CP WALL; [Part A starts on "people"]

### PART A

- 1 - 5 MOOCH TO HNDSHK ;;;;**  
 Trng to 1/2 OP LOD rk bk L, rec R, kck L, sip L; kck R, sip R, rk bk L, rec R; trng RF 1/2 fwd L/cl R, bk L to 1/2 LOP RLOD, rk bk R, rec L; kck R, sip R, kck L, sip L; rk bk R, rec L, trng LF 1/4 fwd R/cl L, fwd R to HNDSHK WALL;
- 6 - 9 TRIPLE WHEEL LOD ~ CHANGE HANDS BEHIND THE BACK ;;;;**  
 Rk apt L, rec R, whl RF sd L/cl R, sd L trng twd ptr & tch W's bk w/ L hnd (*W whl RF sd R/cl L, sd R trng awy from ptr*); cont RF whl sd R/cl L, sd R tmg awy from ptr (*W cont RF whl sd L cl R, sdL trng twd ptr & tch M's bk w/ L hnd*), cont RF wheel sd L/cl R, sd L tmg twd ptr & tch W's bk w/ L hnd (*W cont RF whl trng awy from ptr sd R/cl L, sd R swvlg RF to fc ptr*); sd R/cl L, sd R (*W spn full RF trn L/ R,L*) to LOP-FCG LOD, {**Chg Hnds Bhd Bk**} rk apt L, rec R; fwd L/cl R, fwd L trn 1/4 LF (*W rk bk R, rec L, fwd R/cl L, fwd R trn 1/4 RF*) chg W's R hnd to M's R hnd, sd & bk R/cl L, sd R cont trn 1/4 LF (*W sd L/cl R, sd & bk L trn 1/4 RF*) chg W's R hnd to M's L hnd to LOP-FCG RLOD ;
- 10 - 12 SHE GO HE GO ~ CHANGE L TO R ;;;**  
 Sd L/cl R, sd L trng 1/4 LF (*W fwd R/cl L, fwd R trng 1/4 LF to fc M*), sd R/cl L, sd R (*W bk L/cl R, bk L*) to LOP-FCG RLOD; {**W go M go**} rk apt L, rec R, trng 1/4 RF fwd L/R, L (*W trng 1/4 LF undr jnd ld hnds fwd R/cl L, fwd R*); tmg LF 3/4 undr jnd ld hnds fwd R/L, R (*W trng LF 1/4 bk L/R, L*) to LOP-FCG LOD, {**Chg L to R**} rk apt L, rec R; sd L/cl R, sd L tmg 1/4 RF (*W trng 3/4 LF undr jnd ld hnd fwd R/cl L, bk R*), sd R/cl L, sd R to LOP-FCG WALL;
- 13 - 16 EVEN COUNT STOP & GO ;; LINK & WHIP TURN ;;**  
 Rk apt L, rec R, sd L startg RF trn, comp 1/4 RF trn cl R & place R hnd on W's L shldr blade (*W rk apt R, rec L, fwd R twd M's R sd startg RF trn, compg 1/2 RF trn sd & bk L*); ck fwd L DW in press line, rec R, cl L, bk R (*W rk bk R in sit line raisg L hnd straight up, rec L lowrg hnd, trng LF fwd & sd R, bk L compg LF trn*) to LOP-FCG WALL; {**Link & whp trn**} rk apt L, rec R, trng 1/4 RF fwd L/cl R, fwd L to CP RLOD; contg RF trn XRIB, sd L (*W sd L, fwd R between M's ft*), sd R/cl L, sd R to CP WALL;
- 17 - 20 VINE 8 SCP ;; KICK & DIG 2X ;;**  
 [Sm stps] Sd L, XRIB (*WXIB*), sd L, XRIF (*W XIF*); rpt meas 9 Part B to SCP LOD; {**kck cl tch cl**} kck L LOD, cl L, swvlg to CP tch R w/ bent knees, cl R; swvlg to SCP rpt meas 19 Part B;

**PART B**

- 1 - 3 CHANGE R TO L TO HNDSHK ~ LADY CHANGE L TO R TO TANDEM ;;;**  
Rk bk L to SCP, rec R, sd L/cl R, sd L trng ¼ LF (*W sd R/cl L, fwd R trng ¾ RF undr jnd ld hnd*); sd & fwd R/cl L, sd R (*W sd & bk L/cl R, sd & bk L*) to HNDSHK LOD, {**Mod chg L to R to TAND**} rk apt L, rec R ; fwd L/cl R, fwd L (*W fwd R/cl L, fwd R trng ½ LF undr jnd R hnds*), sip R/L, R (*W sd /cl R, sd L bhd M*) jng L hnds also to TANDEM LOD;
- 4 - 6 CATAPULT ~ CHANGE L TO R TO SCP ;**  
Ck fwd L, rec R, bk L/cl R, bk L (*W rk bk R, rec L, movg to M's L sd fwd R/cl L, fwd R startg trng RF*); sip R/L, R (*W comp 1 ½ RF spin L/R, L, {Chg L to R}*) rk apt L, rec R ; sd L/cl R, sd L trng ¼ RF (*W trng ¾ LF undr jnd ld hnds fwd R/cl L, bk R*), sd R/cl L, sd R to SCP LOD ;
- 7 - 9 FALLAWAY THROWAWAY ~ CHANGE HANDS BEHIND THE BACK ;;;**  
{**Falwy Throwy**} Rk bk L, rec R, relg R hnd from W's bk fwd triple L/ R, L to face LOD (*W fwd triple R/L, R swvlg LF ½ on ball of R ft to end in front of M*); triple in place R/L, R (*W small bk L/R, L*) to LOP-FCG LOD, {**Chg Hnds Bhd Bk**} As described in Part A ;;;
- 10 - 12 SHE GO HE GO ~ CHANGE L TO R ;;;**  
As described in Part A ;;;
- 13 - 16 EVEN COUNT STOP & GO ;; LINK & WHIP TURN ;;**  
As described in Part A ;;;
- 17 - 20 VINE 8 SCP ;; KICK & DIG 2X ;;**  
As described in Part A ;;;

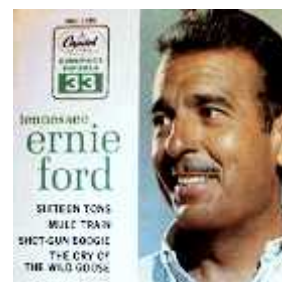
**Repeat Part A****PART B Mod**

- 1 - 3 CHANGE R TO L TO HNDSHK ~ LADY CHANGE L TO R TO TANDEM ;;;**  
Repeat meas 1-3 Part B ;;;
- 4 - 8 CATAPULT ~ CHANGE L TO R W/ CONTINUOUS CHASSE ~ FALLAWAY THROWAWAY ;;;;**  
{**Catapult**} As described in Part B ~ {**L to R w/ Cont Chasse**} Rk apt L, rec R ; sd L/cl R, sd L trng ¼ RF (*W trn ¾ LF undr jnd ld hnds R/L, R*) to LOP-FCG WALL w/ free hnd folded in frt of bdy, twd RLOD sd R/cl L, sd R/cl L ; sd R/cl L, sd R [w/ slight bdy tilt L shldr low R shldr high] xtndg free hnd out progressively], {**Falwy Throwy**} As described in Part B ;;
- 9 - 11 CHANGE HANDS BEHIND THE BACK ~ SHE GO HE GO ;;;**  
As described in Part A ;;;
- 12 - ? CHANGE L TO R ~ LINK ~**  
As described in Part A ~ {**Link**}Rk apt L, rec R; fwd L/R, L to CP WALL,  
[This last portion done to vocals - no true beat]
- "go" **SLOW R LUNGE & HOLD**  
Slowly lower into R lunge & hold
- "I owe" **RISE TO A WRAP RLOD**  
Slow rise & swvl ¼ RF sd L (*W slow rise & swvl 1/4 LF undr jnd ld hnds sm bk R,*) to WRP RLOD
- "my" **SLOW WHEEL 3 TO WRAP LOD**  
Fwd R,L,R whlg to WRP LOD
- "soul" **UNWRAP IN 4 TO WALL JOIN R HANDS**  
Sip L, R, L, R trng 1/4 RF (*W unwrp R, L, R, L,*) & chg hnds to R HNDSHK WALL
- silence **CONTRA CHECK**  
Lower on R & ck fwd L w/ R sd ld
- "company store" **QUICK RECOVER STEP STEP TO BFLY**  
[Wt to hear "to the"] Rec R, sip L, sip R to BFLY WALL,-;
- notes **VINE 3 HOOK; UNWIND**  
Sd L, XR1B (*WXIB,*), sd L, hook RIF (*W hook LIF,*); relg R hnds unwind LF to fc & jn trL hnds;
- Last 2 notes **APT PT**  
Apt L, pt R twd ptr;

**Tennessee Ernie Ford's** half-century legacy is staggering. His unprecedented achievements earned him *three* stars in The Hollywood Walk of Fame--for Radio, Records and Television. On March 26th, 1984, President Ronald Reagan presented Ernie with *The Presidential Medal of Freedom*; the highest honor a sitting President can bestow upon a civilian on behalf of his country...

His popular TV program "The Ford Show" was not named after him, although many assumed so, but after his sponsor, the Ford Motor Company.

His biggest hit "Sixteen Tons" was credited as being the first Rock & Roll big hit and for kicking off the Rock and Roll era of the Fifties.



## SIXTEEN TONS – WOODRUFF- JV V – 2:33 – TENNESSEE ERNIE FORD

### INTRO (4 meas)

BFLY WALL wait 4 notes ; Vine 3 hold ; Slow Hook ; Unwind to CP ;  
PART A (20 meas)

Mooch to HNDSHK ;;;;  
Triple Wheel to fc LOD ~ Hands Behind the Back ;;;;  
She Go He Go ~ Change L to R ;;; Even Count Stop & Go ;;  
Link & Whip Turn ;; Vine 8 ;; Kick & Dig 2x ;;

### PART B (20 meas)

Change R to L to HNDSHK ~ Lady Change L to R to TAND ;;;  
Catapult ~ Change L to R to SCP ;;; Fallaway Throwaway ~  
Hands behind the Back ;;; She Go He Go ~ Change L to R ;;;  
Even Count Stop & Go ;; Link & Whip Turn ;; Vine 8 ;; Kick & Dig 2x ;;

### PART A (20 meas)

Mooch to HNDSHK ;;;;  
Triple Wheel to fc LOD ~ Hands Behind the Back ;;;;  
She Go He Go ~ Change L to R ;;; Even Count Stop & Go ;;  
Link & Whip Turn ;; Vine 8 ;; Kick & Dig 2x ;;

### PART B Mod (Approx 24 meas)

Change R to L to HNDSHK ~ Lady Change L to R to TAND ;;;  
Catapult ~ Change L to R to SCP with Continuous Chasse ~  
Fallaway Throwaway ;;;; Hands behind the Back ~ She Go He Go ;;;  
Change L to R ~ Link ~  
[go] Slow Right Lunge & Hold ;;;;  
[I owe] Rise to WRAP RLOD ~  
[my] Slow Wheel 3 to fc LOD ;;;  
[soul] Unwrap in 4 to HNDSHK WALL ~  
[...] Contra Check ;;  
[company store] Qk Rec Step Step to BFLY ;  
Vine 3 Hook ; Unwind ; Apart Point ;