

A Coalminer Made of Flesh & Blood

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Jean Louis Lequeux (March 2015)

Music: 16 Tons BY Bart & Baker

RF: right foot; LF: left foot; FT: feet together; RL: right leg, LL: left leg, LA: legs apart, RT: right toes; LT: left toes; RH: right heel; LH: left heel; RK: right knee; LK: left knee, RP: right palm; FP: left palm; RAR: right arm; LAr: left arm; RSh: right shoulder; LSh: left shoulder; RE: right elbow, LE: ,left elbow; RHd: right hand , LHD: left hand, RHp: right hip; LHp; left hip, RTh: right thigh, LTh: left thigh; WoRF: weight on RF, WoLF: weight on LF

INTRODUCTION

SECTION A: TOES/HEELS SWIVELS

Start with the music until the singer starts counting; Start FT

1: On toes, pivot on toes to the right

2: On heels, pivot on heels to

3: On heels, pivot on heels to the left

4: On toes, pivot on toes to the left

Keep swivel until the singer is counting from 1 to 16

SECTION B: BOWING KNEES (16 COUNTS) - HOLD (8 COUNTS)

Start when the singer is counting: turn toes out, heels together, hands up and down from hips thighs

1: Flex knees

2: Stretch knees

Hold (8 counts)

SECTION I: STEP, HITCH, TOE STRUT, STOMP (TWICE: RIGHT/LEFT); ¼ TURN LEFT, FT

MOVE: CLENCH FISTS NEAR CHEST, BEND ELBOWS, MILITARY SWING

1: Stretch down RAr, keep LAr bent

2: Bend LAr, stretching down RAr

Keep moving

STEPS: START WOLF

1: Step RF forward, hitch LF

2: Step LF forward, hitch RF

3: Tap RT forward, RH down

4: Tap LT forward, RH down

5: Stomp RF forward,

6: Stomp LF near RF,

7: RF back on right side, preparing to turn left

8: ¼ turn left, FT

SECTION II: SHIMMY, SWIVELS (TOES/HEELS); SHOULDERS SHRUGS, FAN SWIVELS; ¼ TURN LEFT, FT

MOVE: CLENCH FISTS NEAR CHEST, LIFT BENT ELBOWS AT THE LEVEL OF SHOULDERS, SHIMMY

1: Move RSh forward & LSh back

2: Move LSh forward & RSh back

Keep moving

STEPS: START FT, SWIVEL

1: FT, on toes, heels up, pivot right, on heels, toes up

2: Pivot right, toes down, heels up

3: Pivot left, heels down, toes up

4: Pivot left, heels & toes down, FT

MOVE: CLENCH FISTS, ARMS DOWN, SHOULDERS SHRUGS

1: Lift RSh, lower LSh

2: Lift LSh, lower RSh

Keep moving

STEPS: START FT, FAN SWIVEL

5: FT, on heels, open toes: RT to right, LT to left, on toes

6: Pivot: RH to right LH to left

7: On toes, pivot: RH to left, LH to right, FT, on heels

8: Pivot toes: RT to left, LT to right, FT

SECTION III: BRUSH STEP, KICK STEP, HOOK STEP, TAP; SPOT TURN RIGHT (360°), $\frac{1}{4}$ TURN LEFT; FT

MOVE: MARCHE

1: Arms down, RAr forward, LAr back

2: LAr forward, RAr back

Keep moving

STEPS: START WOLF

1: Brush RF forward

2: Kick LF forward

3: Hook RF on LL before step

4: Tap LF near RF, stop moving arms and hands

5 , 6: Spot-turn right, pivoting 360° on RF

7: LF behind

8: ¼ turn left

SECTION IV: BROKEN MAN WALK; MOON WALK

MOVE: ARMS DOWN, HANDS AGAINST THIGH

1: Keep RHd against RTh, let LHd slightly loose

2: Keep LHd against LTh, let RHd slightly loose

Keep moving

STEPS: BROKEN MAN WALK

Start WoLF

1: RF back, bending RK and stretching LL and leaning body back diagonally on RL

2: Break to the right: fold LK brushing RF against LF and continue brushing RF forward on right diagonal and stretch RL, LL is behind, keep it bent and lean body back on LL

3: Break to the left: fold RK brushing LF against RF and continue brushing LF forward on left diagonal and stretch LL, RL is behind, keep it bent and lean body back on LL

4: Brush RF toward LF, stretch legs together

MOVE: MARCHE

1: Arms down, RAr forward, LAr back

2: LAr forward, RAr back

Keep moving

STEPS: MOONWALK

5: LT touches RH, RH down/on LT

6: Glide RF back, maintaining body bent forward, switch (LH down/on RT)

7: Glide LF back, maintaining body bent forward, switch (RH down/on LT)

8: Glide RF near LF, FT

DO IT AGAIN, FOLKS & REMEMBER:

1ST TAG: 3RD WALL (DURING MUSIC) - TOES/HEELS SWIVELS

1: On toes, pivot on toes to the right

2: On heels, pivot on heels to

3: On heels, pivot on heels to the left

4: On toes, pivot on toes to the left

RESTART:

2ND TAG: 5TH WALL

SECTION A (DURING THE MUSIC): TOES/HEELS SWIVELS

Start with the music until counts (1 to 16); Start FT

1: On toes, pivot on toes to the right

2: On heels, pivot on heels to

3: On heels, pivot on heels to the left

4: On toes, pivot on toes to the left

SECTION B: START WITH "MY SOUL, MY SOUL..." UNTIL COUNT - DERVISH TURNS

1, 2, 3, 4: Spot turn right

5, 6, 7, 8: Spot turn left

SECTION C: BOWING KNEES (16 COUNTS) - HOLD

Start when the singer is counting: turn toes out, heels together, hands up and down from hips thighs

1: Flex knees

2: Stretch knees

Hold while music is vanishing

RESTART WHEN MUSIC IS RESTARTING

CONCLUSION: AT WALL 7 - DERVISH TURN (1 TURN)

1, 2, 3, 4: Pivot on toes, full turn right

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