

Rounds	Tower A	Tower B	Tower C
1	1 2 3 4		
2	2 3 4	1	
3	3 4	1	2
4	3 4		1 2
5	4	3	1 2
6	1 4	3	2
7	1 4	2 3	
8	4	1 2 3	

Rounds	Tower A	Tower B	Tower C
9		1 2 3	4
10		2 3	1 4
11	2	3	1 4
12	1 2	3	4
13	1 2		3 4
14	2	1	3 4
15		1	4
16			1 2 3 4

Note:

The larger the number is, the larger the disk is. The disks are moved from tower A to tower C.