

Down With The Trumpets



Count: 64 **Wall:** 1 **Level:** Phrased High Intermediate

Choreographer: Shaz Walton (England)

Music: 'Down With The Trumpets' by Rizzle Kicks

Count in – 32 counts – Seq. A A B A A B A A B A – finish – have fun & get down with the trumpets!!!

Sequence PART A=32 counts - PART B= 32 counts

PART A: Start the dance dance with feet slightly apart.

Heel swivel sequence. Back. Back. Forward press. Coaster step.

- &1 With right toes on the floor swivel right heel out. Swivel right heel in taking weight on right.
- &2 With left toes on the floor swivel left heel out. Swivel left heel in taking weight on left.
- &3 With right toes on the floor swivel right heel out. Swivel right heel in.
- &4 With right toes on the floor swivel right heel out. Swivel right heel in.(weight left)
- 5&6 Step back on right. Step back left. Press forward right.
- 7&8 Step back left. Step back right. Step forward left.

Rock. Recover. Ball step. ½ turn. ½ turn. Sailor ¼ turn. Step forward.

- 1-2 Rock forward right. Recover left.
- &3-4 Step right beside left. Step forward left. Make ½ turn right (weight on right)
- 5 Make ½ right, stepping back left.
- 6&7 Sailor ¼ turn right.
- 8 Step forward left.

Step- heel bounce travelling x 3 – Back. Back. Forward.

- 1&2 Step right foot forward. Raise both heels. Drop both heels. (Weight right)
- 3&4 Step left foot forward. Raise both heels. Drop both heels. (Weight left)
- 5&6 Step right foot forward. Raise both heels. Drop both heels (Weight right)
(counts 1- 6 – optional hip thrusts forward.... just for the fun of it!! ?)
- 7&8 Step back left. Step back right. Step forward left.

Walk. Walk. Rock. Recover. ½. ¼. Sailor step. Side.

- 1-2 Walk forward right. Walk forward left.
- 3&4 Rock forward right. Recover left. Make ½ turn right stepping right forward.
- 5 Make ¼ right stepping left to left side.
- 6&7 Right sailor step.
- 8 Step left to left side (Feet slightly apart)

PART B

Jump side. Jump side. Coaster step. lunge. Recover. Rock. Recover. Cross.....(PLAY YOUR TRUMPETS!!)

- 1-2

With both feet together – jump to the right. Jump to the left. (play your trumpets!)

- 3&4 Step back right. Step back left. Step right slightly forward.
 5-6 Lunge out to the left (no weight on left) (optional- bend down with your imaginary trumpet) step left beside right.
 7&8 Rock out to right. Recover on left. Cross right over left

Travelling forward slightly – rock. Recover cross. Rock. Recover. Cross. Walk a full turn- L-F-L- R (stepping right to right side)

- 1&2 Rock left to left side. Recover on right. Cross step left slightly forward over right.
 3&4 Rock right to right. Recover on left. Cross step right lightly forward over left
 5-6-7-8 Walk a full turn left-right- left- right (with right to right side)

Cross. ¼ kick. (Low)Rock & rock & flick. ¼ kick. Low run x4 – with knees.

- 1-2 Cross left over right. Make ¼ left stepping back right as you kick left forward.
 3& Rock forward onto left. Recover on right.
 4& Getting lower rock forward onto left. Recover back on right. (for the rocks keep feet together & 'get down with the... down with the...)
 5-6 Rock forward onto left as you flick right behind. Make ¼ left stepping back right as you kick left forward.
 7&8& Taking small steps with feet together – run forward L-R-L-R – circling knees outwards- getting lower as you ...'get down with the... down with the....')

Cross ¼ kick. (Low) Rock & Rock & Flick. Back. ½. ¼ jump. Jump out.

- 1-2 Cross left over right. Make ¼ left stepping back right as you kick left forward.
 3& Rock forward onto left. Recover on right.
 4& Getting lower rock forward onto left. Recover back on right. (for the rocks keep feet together & 'get down with the... down with the...)
 5-6 Rock forward onto left as you flick right behind. Step back right as you kick left forward
 7& Step back left. Make ½ right stepping right forward.
 8 Jump ¼ right landing with feet apart & weight on left foot. (Counts 7-8 are VERY fast!)
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