Down With The Trumpets



Compte: 64 Mur: 1 Niveau: Phrased High Intermediate

Chorégraphe: Shaz Walton (UK) - September 2011

Musique: Down With the Trumpets - Rizzle Kicks



Count in – 32 counts – Seq. A A B 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	ht heel out. Swivel right heel i	n taking weight on right.
----	---	----------------------------------	---------------------------

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)

Step back on right. Step back left. Press forward right.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.

Sailor ¼ turn right.Step forward left.

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

Step right foot forward. Raise both heels. Drop both heels. (Weight right)
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)

Rock left to left side. Recover on right. Cross step left slightly forward over right.

Rock right to right. Recover on left. Cross step right lightly forward over left

5-6-7-8 Walk a full turn 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 $\frac{1}{4}$ 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 ki	ck. (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!)		