

# Down With The Trumpets

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**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  $\frac{1}{2}$  right stepping right forward.
- 8** Jump  $\frac{1}{4}$  right landing with feet apart & weight on left foot. (Counts 7-8 are VERY fast!)