

Trampoline

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Lucy Cooper - September 2019

Music: Trampoline — Shaed and Zayn

Intro: 4 counts (Start on "Dreams")

Side, Pose, Hold, Side, Cross, Side rock (on toes), Recover, Cross, Side, Behind, Side

- 1 2** Step right to side, sit down into right hip bending left knee with left heel raised (alternatively you can strike any pose!)
- 3&4** Hold, step left to side, cross right over left
- 5&6** Rock left to left side up on your toes and pointing right to right side, lower back down onto the right, cross left over right
- 7 8&** Step right to side sweeping left back, cross left behind, step right to side

Forward rock (on toes), Recover, Back, ½ R stepping forward, Forward with sweep, Rock, Recover, ½ Turn R stepping forward, Walk, Full Turn L

- 1 2** Rock left to right diagonal up on toes pointing right toe out behind, recover back down onto the right
- 3&4** Step back onto the left, step right forward turning ½ right, step left forward sweeping right round to the front (6.00)
- 5&6** Rock right forward, recover to left, step right forward turning ½ right (12.00)
- 7 8&** Step left forward, full turn left stepping right left (12.00)

Side drag, Back rock, Recover, Side Drag, Back rock, Recover, Step, Heel lift, Back, Back with hitch, Rock behind, Recover

- 1 2&** Step right to side, rock left behind, recover onto right
- 3 4&** Step left to side, rock right behind, recover onto left (restart here wall 2)
- 5&6** Step right forward lift both heels off the floor with bent knees, recover weight on the left, step back onto the right
- 7 8&** Step left back hitching right up and back, cross right behind left, recover onto left

Forward, Pivot ½ R, Step, ¾ Turn L with Hook, Step sweep, Step sweep, Rock, Recover, Back drag

- 1 2&** Step right forward, step left forward ½ pivot right (6.00)
- 3 4** Step left forward, step right slightly to the side and hook the left in turning ¾ left (9.00)
- 5 6** Step left forward sweeping the right round to front, step right forward sweeping the left round to front
- 7&8** Rock left forward, recover onto right, big step back on the left dragging the right toe in

TAG & RESTART

Wall 2: Dance the first 20 counts then Restart the dance again.

Wall 4: At the end of the wall, perform the 4 count tag, then begin wall 5

TAG: ¼ R side step R, ¼ R side step L, ¼ R side step R, ¼ R side step L

- 1 2** Turn ¼ right stepping right to side, turn ¼ right stepping left to side,

- 3 4** turn ¼ right stepping right to side, turn ¼ right stepping left to side

ENDING: Wall 6 ends at 9.00. You can do step turns like the tag to face the front wall and finish

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