



7.10.2011

Down With The Trumpets

Type: 64 counts, 1 wall
Level: phrased high intermediate
Choreographer: Shaz Walton (England)
Music: Down With The Trumpets' by Rizzle Kicks
Count in – 32 counts – Seq. Sequence PART A=32 counts - PART B= 32 counts
A A B A A B A A B A – finish – have fun & get down with the trumpets!!!

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

.....Continued....



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Down With The Trumpets...

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!)