

# Down With The Trumpets

**Choreographer:** Shaz Walton (England)  
**Count:** 64 / **Wall:** 1 / **Level:** Phrased High Intermediate

**Music:** 'Down With The Trumpets' by Rizzle Kicks

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**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.**

**1-8**

**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.

**9-16**

**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.

**17-24**

**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.

**25-32**

**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**

**1-8**

**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

**9-16**

**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)

**17-24**

**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...')

**25-32**

**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!)

**HaveFun:**