

Down With The Trumpets

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 1 級數: Phrased High Intermediate
編舞者: Shaz Walton (UK) - September 2011
音樂: Down With the Trumpets - 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ kick. (Low) Rock & Rock & Flick. Back. $\frac{1}{2}$. $\frac{1}{4}$ jump. Jump out.

- 1-2 Cross left over right. Make $\frac{1}{4}$ 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!)
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