

# 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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