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Count in – 32 counts. PART A=32 counts - PART B= 32 counts

Sequence: A A B A A B A A B A – finish – have fun & get down with the trumpets!!!

**PART A:** Start the 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&7-8 Sailor ¼ turn right. 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 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 on 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!)
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