

# It's A Long Jump

拍数: 48                      墙数: 4                      级数: Intermediate  
编舞者: David Sinfield (UK) & Zandra Varnham (SCO)  
音乐: Jump (For My Love) - Girls Aloud



## FLICK, VAUDEVILLE UNWIND, MAMBOS ON RIGHT AND LEFT

&1                      Flick right back, step right in place  
2&                      Touch left heel forward, step left in place  
3-4                      Cross right over left, unwind ½ turn left  
5&6                      Rock forward on right, replace weight onto left, step right in place  
7&8                      Rock forward on left, replace weight onto right, step left in place

## ROCK STEP, SHUFFLE ½ TURN, CROSS, SIDE, SAILOR SHUFFLE

1-2                      Rock forward right, replace weight onto left  
3&4                      Shuffle ½ turn stepping right- left- right  
5-6                      Cross left over right, step right to right  
7&8                      Cross left behind right, step right in place, step left in place

## FLICK, VAUDEVILLE UNWIND, MAMBOS ON RIGHT AND LEFT

&1                      Flick right back, step right in place  
2&                      Touch left heel forward, step left in place  
3-4                      Cross right over left, unwind ½ turn left  
5&6                      Rock forward on right, replace weight onto left, step right in place  
7&8                      Rock forward on left, replace weight onto right, step left in place

## JAZZ BOX, JUMPS FORWARD, BACK, KICK BALL TOUCH

1-2-3-4                      Cross right over left, step left back, step right back, touch left beside right  
&5                      Jump forward left then right  
&6                      Jump back left then right  
7&8                      Kick right forward, step right in place, touch left to left

## OUT, OUT, IN, IN, TAP, TAP, TAP, SHOULDER WIGGLES, SLIDE BACK

1&                      Jump out right, left  
2&                      Jump in right, left  
3&4                      Tap right toe to right side, tap right toe a bit further, tap toe a bit further still  
5&6                      Wiggle shoulders towards right diagonal  
7-8                      Slide right back in towards left, keeping weight on left

## KICK AND CROSS, SYNCOPATED HEEL JACK, CROSS UNWIND, SHUFFLE, ROCK, ROCK

1&2                      Kick right to right diagonal, step on right, cross step left over right  
&3&                      Step on right, heel dig left foot to left diagonal, step down onto left foot  
4-5                      Touch right toe back and unwind ¾ turn over right shoulder  
6&7                      Step forward on left, step right next to left, step forward on left  
&8                      Rock to the right side on right, rock on the left side on left

## REPEAT

Dedicated to Craig Cooke who heard Zandy sing that song and Caz Mawby who is a great mate of David's and she is jumpin'.