

# It's A Long Jump

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: David Sinfield (UK) & Zandra Varnham (SCO)  
音樂: 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'.