

# It's A Long Jump

**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** David Sinfield (UK) & Zandra Varnham (SCO)

**Music:** 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'.