

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'.