

Jump Up & Fly

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Count: 32 **Wall:** 4 **Level:** Easy Beginner

Choreographer: Farly & Lily Iguchi (Sep 2010 Japan)

Music: One Woman Man by Josh Turner. (CD: Everything Is Fine)

Intro:32 count

(1-8) VINE RIGHT TOUCH, VINE LEFT TOUCH

1-2step R to right(1), step L behind R(2)

3-4step R to right(3), touch L beside R(4)

5-6step L to left(5), step R behind L(6)

7-8step L to left(7), touch R beside L(8)

(9-16) TOE STRUT, 1/4 TURN TOE STRUT X 2

1-2touch R toe next to L(1), down R heel in place(2)

3-4 1/4 turn left, touch R toe next to L (3), down R heel in place (4) [9:00]

5-6touch R toe next to L(5), down R heel in place(6)

7-8 1/4 turn left, touch R toe next to L (7), down R heel in place (8) [6:00]

(17-24) HEEL TOUCH, TOGETHER, X 4

1-2touch R heel forward(1), step R next to L(2)

3-4touch L heel forward(3), step L next to R(4)

5-6touch R heel forward(5), step R next to L(6)

7-8touch L heel forward(7), step L next to R(8)

Option:

1-2touch R heel forward(1), touch R toe next to L(2)

3-4&touch R heel (3) , touch R heel(4), pop step R next to L(&)

5-6touch L heel forward(5), touch L toe next to R(6)

7-8&touch L heel forward(7), touch L heel forward(8), step L next to R(&)

(25-32)KICK BALL CHANGE, STEP FORWARD, PIVOT 1/2 TURN LEFT, MONTEREY 1/4 TURN RIGHT

1&2kick R forward(1), step on ball of R next to L(&), step L next to R(2)

3-4step R forward(3) , pivot 1/2 turn left(4) [12:00]

5-6point R to right side(5), 1/4 turn right stepping R next to L(6) [3.00]

7-8point L to left side(7), step L next to R(8)

START AGAIN

Farly passed away on October 8th 2010 because of cancer. These 3dances were choreographed by two of us

during his stay at the hospital. We wished to create more steps together. I would be happy if you could enjoy

these dances. Lily