

IT'S A LONG JUMP

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Count: 48

Wall: 4

Level: intermediate

Choreographer: David Sinfield & Zandra Varnham

Music: Jump (For My Love) by 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ TURN, CROSS, SIDE, SAILOR SHUFFLE

- 1-2** Rock forward right, replace weight onto left
- 3&4** Shuffle $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{3}{4}$ 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'.