The jump-roll cast with a 'D' loop

Start with the line straight out, downstream, and the rod-tip close to the water's surface.

Water flow

Using a shotgun-lift raise the rod-tip high.....

When the line is off the water, other than where it is attached by its end and at the leader, the rod is then flexed. This can be achieved in one of two ways. One of these employs the upper hand, whereby the rod tip is flexed in a small saucer like motion. This movement has to be exact for the correct anchor point to be achieved for the forward cast (old traditional style). The alternative method, and the one recommended for a beginner or intermediate caster, is to flex the rod from the first point of line-stick (or anchor), to the second, by use of the lower hand, which is pushed out against the weight of the line and the resistance to the line stick or anchor. When the line is in flight, and before it touches at the second anchor-point, the upper hand thumb moves in a half-circle, upward movement which dictates the shape of the D-loop above the water, with only the leader and a small portion of the fly line anchoring or sticking to the water ready for the forward delivery stroke.....

Then make a foward cast in the normal manner.