

A For Average

拍数: 48 墙数: 4 级数: Improver
编舞者: Kayla Cosgrove (USA) - February 2017
音乐: Totally Average Woman - Carla Ulbrich



There is a conversational intro in the beginning of the track that sets the tone for the song.
Start dancing on Lyrics when she sings "I got a..."

Dance fits any generic blues track

S1: WALK X3, BALL STEP, CROSS HITCH, CROSS, SIDE, BRUSH □

1,2,3 Walk fwd R(1) L(2) Walk fwd R(3)
&4,5 Quickly step ball of L out to L(&) Recover to R(4) Hitch L knee up and slightly across body to R angle(5)

Optional Styling: As you hitch L knee lean slightly back to L

Optional Variation: Flick L foot back(5)

6,7,8 Cross L over R(6) Step R to R(7) Brush L across R(8) □Facing 12 o'clock

S2: CROSS ROCK RECOVER, SHUFFLE ¼ LEFT, JUMP UP, CLAP, JUMP BACK, CLAP

1,2 Cross rock R over L(1) Recover L(2)
3&4 Shuffle to L making a ¼ L stepping L(3) R(&) Making ¼ L stepping L fwd(4)
&5,6 Jump up with feet shoulder width apart stepping up R(&) L(5) Clap(6)
&7,8 Jump back bringing feet together stepping back R(&) L(7) Clap(8)

Optional Bonus: On walls 3 and 7, the music changes slightly. On counts &5,6,&7,8 you will hear more of a syncopation and can add that in, changing the steps to the below.

&5&6 Jump up stepping R(&) L(5) Jump back R(&) Jump back L(6)
&7&8 Jump up stepping R(&) L(7) Jump back R(&) Jump back L(8) Facing 9 o'clock

S3: STEP, BRUSH SWEEP X2, JAZZ BOX CROSS

1,2 Step R fwd(1) Brush L fwd as you sweep it slightly around(2)
3,4 Step L fwd(1) Brush R fwd as you sweep it slightly around(4)
5,6 Cross R over L(5) Step L back(6)
7,8 Step R to R(7) Cross R over L(8) Facing 9 o'clock

S4: SIDE SHUFFLE, ROCK STEP, ¼ LEFT BACK, WALK BACK X2

1&2 Shuffle to R side stepping R(1) L(&) R(2)
3,4 Rock back on L(3) Recover R(4)
5&6 Shuffle to L as you make a ¼ left stepping L(5) R(&) Step L back making ¼ left(6)
7,8 Walk back R(7) L(8) Facing 12 o'clock

S5: COASTER STEP, STEP SIDE ROCK RECOVER, BALL POINT DRAG

1&2 Step R back(1) Step L together(&) Step R fwd(2)
3&4 Step L fwd(3) Rock R to R(&) Recover to L(4)
&5,6 Quickly step R in bending R knee(&) Point L toes to L(5) Drag L into R(6)
7,8 Drag L into R(7) Step down on L(8) Facing 12 o'clock

S6: SAILOR STEP X2, STEP ½ LEFT, STEP ¼ LEFT

1&2 Step R behind L(1) Step L to L(&) Step R center(2)
3&4 Step L behind R(3) Step R to R(&) Step L center(4)
5,6 Step R fwd(5) Pivot ½ turn L(6)
7,8 Step L fwd(7) Pivot ¼ turn L(8) End facing 3 o'clock.

REPEAT (LAUGH) AND ENJOY!

