

# Post It Note

**Compte:** 32

**Mur:** 2

**Niveau:** Beginner

**Chorégraphe:** Pat Newell (USA) - March 2016

**Musique:** Please Mr. Postman - Carpenters : (16 in)



**Also: Joe's Place by Joe Nichols - 16 in/ 126bpm**

## Senior Dancing Series

### TRIPLE RIGHT, ROCK RECOVER, TRIPLE LEFT ROCK RECOVER

1&2 3-4 Triple to side, R, L, R, rock back on L recover on R

5&6 7-8 Triple to side L, R, L, rock back on R, recover on L

### TRIPLE FORWARD, ROCK RECOVER, TRIPLE BACK ROCK RECOVER

1&2 3-4 Triple forward, R,L,R , rock forward on L, recover on R

5&6 7-8 Triple back L, R, L, rock back on R, recover on L

### TWO ¼ PIVOTS LEFT, FOUR COUNT ROCKING CHAIR

1-4 Step forward on R, turn ¼ L (wt on L), step forward on R, turn ¼ L (wt on L)

5-8 Rock forward on R, recover on L, rock back on R, recover on L

### K STEP

1-4 Step forward on R touch L together step back on L touch together,

5-8 step back on R, touch L together , step forward on L touch R together

**No Tags, No Restarts**

**DANCE FOR THE HEALTH OF IT**

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