

Please Mr. Postman

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
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音乐: Please Mr. Postman - The Saturdays



Start after 24 counts

Swivel 4x, Chasse, step back, Recover

1 – 2 Both of toe to R side, both of toe back to centre (put your hands up)
3 – 4 Both of toe to R side, both of toe back to centre (put your hands up)
5 & 6 Step R to R side, step L beside R, step R to R side
7 – 8 Step back on L, recover on R

Turn ¼ L chasse, Turn ½ L chasse, Turn ¼ L chasse, Step back, Recover

1 & 2 Turn ¼ L step L on L side, step R beside L, step forward on L
3 & 4 Turn ½ L step back on R, step L beside R, step back on R
5 & 6 Turn ¼ L on L side, step R beside L, step L on L side
7 8 Step back on R, recover on L

Kick R, kick L, kick R 2x, kick L, kick R, kick L 2x

1 & 2 & Kick forward on R, step R beside L, kick forward on L, step L beside R
3 – 4 & Kick forward on R, kick forward on R, step R beside L
5 & 6 & Kick forward on L, step L beside R, kick forward on R, step R beside L
7 – 8 Kick forward on L, kick forward on L

Rock recover, Behind, Side, Cross, ¼ monterey

1 – 2 Step L on L side, recover on R
3 & 4 Step L behind R, step R on R, cross L over R
5 – 6 Touch R to R side, turn ¼ R close R beside L (3.00)
7 – 8 Touch L on L side, step L beside R

TAG: 2 x 8 Counts (after wall 4 at 12.00)

1 – 2 Touch R forward (with both hands in front of the chest palms pointing outwards of the body),
step R on the place
3 – 4 Touch L forward, step L on the place
5 – 6 Skate R forward to R diagonally forward, skate L forward to L diagonally forward
7 – 8 Step forward on R, turn ½ L step back on R and weight on L

I hope you enjoyed the dance

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