

Postman

拍数: 32 墙数: 2 级数: Beginner
编舞者: Yvonne Hammond (AUS)
音乐: Please Mr. Postman - Carpenters



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|------|---|
| 1-2- | Touch right toe across front of left, kick right foot forward |
| 3&4 | Shuffle back right-left-right |
| 5-6 | Touch left toe across front of right, kick left foot forward |
| 7&8 | Shuffle back left-right-left |
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| 1&2- | Shuffle to the right stepping right-left-right |
| 3-4 | Rock step left behind right, step right in place |
| 5&6 | Shuffle to the left stepping left-right-left |
| 7-8 | Rock step right behind left, step left in place |
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| 1-2- | Step right toe forward, drop right heel down |
| 3-4 | Step left toe forward, drop left heel down |
| 5-8 | Double hip bumps right, double hip bumps left |
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| 1-2 | Step forward on right, step back on left |
| 3&4 | Turn ½ turn right & shuffle forward right-left-right |
| 5-6 | Step forward left, step forward right |
| 7&8 | Shuffle forward left-right-left |

REPEAT
