

# Mr Postman

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
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音乐: Please Mr. Postman - Carpenters : (CD: Greatest Hits)



## STEP, SCUFF, STEP, SCUFF, HEELS OUT IN, KICK BALL STEP

1-2-3-4      Step right forward, scuff left forward, step left forward, scuff right forward  
5&6      Step right forward, twist both heels out, twist both heels center weight on left  
7&8      Kick right forward, step onto ball of right, step left forward

## STEP, ¼ TURN, STEP, ¼ TURN, CHASSE, ROCK BACK, RECOVER

1-2-3-4      Step right forward, pivot ¼ turn left, step right forward, pivot ¼ turn left  
5&6      Step right to right side, step left next to right, step right to right side  
7-8      Rock left back, recover weight onto right

## KICK BALL CROSS TWICE, SWAY LEFT & RIGHT, SHUFFLE FORWARD

1&2      Kick left forward to left diagonal, step left slightly back, cross right over left  
3&4      Kick left forward to left diagonal, step left slightly back, cross right over left  
5-6      Step left to left side, recover weight onto right (use hip sway)  
7&8      Step left forward, step right beside left, step left forward

## SWAY RIGHT & LEFT, SHUFFLE, JAZZ ¼ TURN LEFT, STEP, ½ TURN

1-2      Step right to right side, recover weight onto left (use hip sway)  
3&4      Step right forward, step left behind right, step right forward  
5&6      Cross left over right, step back on right, make a ¼ turn to the left step left forward  
7-8      Step right forward, pivot ½ turn left

## REPEAT

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