

Please Mr Postman

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Aiden Fryer (UK) - May 2014
音乐: Please Mr. Postman - Amanda Fondell : (Album: All This Way)



Start 16 Counts

Chasse Right Rock Back Recover, Left Strut Right Strut Across X2 ,

1&2 Step Right To Right , Left Next To Right , Right To Right Side
3-4 Rock Left Behind Right Recover Onto Right
5-6 Left Toe Strut,
7-8 Right Toe Strut Across Left

Chasse Left Rock Back Recover, Step Pivot ¼ Turn Left Step Pivot ¼ Turn Left ,

1&2 Step Left To Left Side Right Next To Left Step Left To Left Side
3-4 Rock Right Behind Left Recover Onto Left
5-6 Step Forward On Right Turning ¼ To Right Weight On Left
7-8 Step Forward On Right Turning ¼ To Right Weight On Left

Jazz box Stepping Forward Right Shuffle Forward , ¼ Turn Left Shuffle Forward

1-2 Cross Right Over Left Step Back On Left
3-4 Step Right To Right Side Step Forward On Left
5&6 Step Right Forward , Left Towards Right Step Right Forward
7&8 ¼ Turn Left Step Left Forward, Right Towards Left , Step Forward On Left

Jazz box ¼ Right With Cross Point Right Toe Out , Right Across , Unwind ¾ Turn Left , Flick Right Foot Behind

1-2 Cross Right Over Left , Make ¼ Right , Step Left Back ,
3-4 Right To Right Side Cross Left Over Right
5-6 Point Right Toe To Right Side Cross Right Over Left
7-8 Point Right To To Right Side , Cross Right Over Left Unwind ¾ Turn Stepping Left To Left Side , And Flicking Right Foot Behind

End Of Dance - Enjoy

Contact: <http://www.aidenfryerdance.moonfruit.com>