

Mr Postman

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Agus Harianto (INA) - March 2018
音樂: Please Mr. Postman - Carpenters



Intro 16 counts - No Tag, No Restart

Section 1: CHASSE RIGH – ROCK BACK – CHASSE LEFT – ROCK BACK

1&2 Step RF to R, Close LF to RF. Step RF to R
3-4 Rock back on LF, recover RF
5&6 Step LF to L, close RF step LF step LF to L
7-8 Rock back on RF, recover on to LF

Section 2: TOE STRUTS – STEP PIVOT ¼ LEFT, CROSS SHUFFLE

1-2 Touch RF to forward, drop R heel putting weigh on R.
3-4 Touch LF to forward, drop L heel putting weigh on L
5-6 Step forward RF, turn 1/4 L weight on LF
7&8 Step cross RF over LF, step LF to L side, step cross RF over LF (09.00)

Section 3: SIDE ROCK – BEHIND SIDE CROSS, PADDLE 1/8 2X

1-2 Step LF to L, recover on to RF
3&4 Step LF behind RF, step RF to R, step LF cross over RF
5-6 Step RF to R, turn 1/8 R weigh on L
7-8 Step RF to R, turn 1/8 R weigh on L (06.00)

Section 4: JAZZ BOX ¼ RIGH, HIP SWAY

1-2 Step RF cross over LF, turn ¼ R step LF back (09.00)
3-4 Step RF to R, step LF cross over RF
5-6 Sway to R - L
7-8 Sway to R - L

Contact : dirgantara14022013@gmail.com