

Postcards

拍數: 32 牆數: 4 級數: Improver
編舞者: Sophie Ruhling (FR) - July 2017
音樂: Postcards - James Blunt



#30 second intro – CW - 2 RESTARTS

(Dance begins on the word "postcards" in the sentence "I'm sending POSTCARDS...")

SECT.1 : WALK R, WALK L, MAMBO STEP R FWD, BACK L, BACK R, MAMBO STEP L BACK

1-2 walk R, walk L
3&4 mambo R fwd, recover on L, step R back in place
5-6 back L, back R
7&8 mambo L back, recover on R, step L back in place

SECT.2 : MAMBO TO R SIDE CROSS R OVER L, MAMBO TO L SIDE CROSS L OVER R, STEP 1/2 TURN L, WALK R, STEP 1/2 TURN R, WALK L

1&2 mambo R to R side, recover on L, cross R over L
3&4 mambo L to L side, recover on R, cross L over R
5&6 walk R, 1/2 turn L (weight on L), walk R (6.00)
7&8 walk L, 1/2 turn R (weight on R), walk L (12.00)

***Restart here walls 3 (6.00) & 5 (9.00)**

SECT.3 : WALK R DIAGONAL, WALK L, SAILOR STEP R, WALK L DIAGONAL, WALK R, SAILOR STEP L

1-2 walk R to R diagonal, walk L beside R
3&4 cross R behind L, step L to L side, step R to R side
5-6 walk L to L diagonal, walk R beside L
7&8 cross L behind R, step R to R side, step L to L side

SECT.4 : GRAPEVINE R with 1/4 TURN R, KICK L, STEP L, KICK R, HOOK R, KICK R, FLICK R & SNAP FINGERS

1-2 step R to R side, cross L behind R
3-4& 1/4 turn R walk R, kick L fwd, step L in place (3.00)
5-6 kick R fwd, hook R over L
7-8 kick R fwd, flick R and snap fingers

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