

Got Mail !?!

拍數: 32 牆數: 4
編舞者: Val Saari (CAN) - February 2022
音樂: Please Mr. Postman - Carpenters

級數: Absolute Beginner



INTRO: 16 counts

Begin on the downbeat before the words "Please Mr."

SIDE TOGETHER SIDE TOUCH RL

1-2 Step RF to right side, Step LF beside R
3-4 Step RF to right side, Touch LF next to R
5-6 Step LF to left side, Step RF beside L
7-8 Step LF to left side, Touch RF next to L

RUMBA BOX BACK

1-4 Step RF to right side, Step LF beside R, Step RF back, hold
5-8 Step LF to left side, Step RF beside L, Step LF forward, hold

K-STEP 1/4 TURN L, SCUFF

1-2 Step RF diagonally forward, Touch LF beside RF
3-4 Step LF diagonally back, Touch RF beside LF
5-6 Step RF diagonally back, Touch LF beside RF
7-8 Step LF diagonally forward 1/4 Turn L, Scuff RF forward

CHARLESTON STEPS X 2

1-2 Step RF down, Kick LF forward
3-4 Step LF back, Touch RF back
5-6 Step RF forward, Kick LF forward
7-8 Step LF back, Touch RF back

TEACHING IDEA: You could begin this with your class as a 1-wall dance by eliminating the 1/4 turn in the K-Step. After the class feels confident, add in the turn to then complete as a 4-wall dance.

Maybe try optional shoulder shimmies on the K-step, or have everyone hold up their hand on the words "Stop" & "Wait" during the intro.... Have FUN!!!

No tags, no restarts

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