

Mr. Postman

拍數: 32 牆數: 2 級數: Ultra Beginner
編舞者: Nic Kho (MY) & Sammi Koo (MY) - December 2022
音樂: Please Mr. Postman - Carpenters



INTRO : 48 counts.

Section 1 : Sway hips and bump.

1 – 4 Sway hips to the right and hold (with hand pose to the front).

5 – 8 Right hip bump 4x (with hand pose to the front).

Section 2 : Sway hips and bump.

1 – 4 Sway hips to the left and hold (with hand pose to the front).

5 – 8 Right hip bump 4x (hand pose to the front).

Sections 3 – 6 : K-Step with finger flick.

1 – 2 RF diagonal step to right, LF touch beside R (with finger flick).

3 – 4 LF step back diagonal to left, RF touch beside R (with finger flick).

5 – 6 RF diagonal step back to the right, LF touch beside R (with finger flick).

7 – 8 LF diagonal step to left, RF touch beside L (with finger flick).

MAIN DANCE

Section 1 : Walking and Kick.

1 – 4 RF step & walk to the right, finish with LF kick.

5 – 8 LF step & walk to the left , finish with RF kick. .

Section 2 : Sway hips and bump.

1 – 4 Sway hips to the right & hip bump with finger flick (4x).

5 – 8 Sway hips to the left & hip bump with finger flick (4x).

Section 3 : V Step and hip bump.

&1 – 2 And RF out diagonally R(&) LF out diagonally L (1), Hold (2).

&3 – 4 And RF in to the back(&), LF step beside R (3) Hold (4).

5 – 8 Four points hip bump (left, back, right, center).

Section 4 : 1/4 turn Paddle 2x and Flick.

1 – 4 RF step forward turn 1/4 to the left with rolling hips (2x).

5 – 8 RF flick out and step beside L, LF flick out and step beside R.

Hope you all enjoy the dance.

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