

Wait a Minute Mr Postman

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Alison Johnstone (AUS) - August 2023
音樂: Please Mr. Postman - The Saturdays



Start: After 8 counts on word "Stop" with Intro

Intro / Tag: End wall 4 facing 12.00 - Repeat the Intro. IE TAG & INTRO ARE THE SAME

***INTRO/TAG: STOMP R TO SIDE R ARM STRAIGHT OUT PALM FWD (STOP), HOLD 3 COUNTS, HIP BUMPS

STOMP L ARMS OUT AT SIDE LOW, PALMS FACING BACK, HOLD 3 COUNTS, ROLL HIPS AROUND

1 2 3 4 Stomp R to side R arm out at shoulder height palm up and fwd, hold 3 counts
5 6 7 8 Bump hips L, R, L, R
1 2 3 4 Stomp L hands down at sides slightly out of body palms facing back, Hold 3 counts
5 6 7 8 Rotate hips anti clockwise (5,6) Rotate hips anti clockwise (7,8)

***DANCE:

[1-8]: CHASSE, ¼ CHASSE, 2 X KICK BALL CHANGE (9.00)

1&2 Step side R, L together (&), Step side R
3&4 ¼ over L stepping side L, Step R together (&), Step side L (9.00)
5&6 Kick R fwd, Step on ball of R (&), Step L in place
7&8 Kick R fwd, Step on ball of R (&), Step L in place

[9-16]: CHASSE, ¼ CHASSE, 4 X BOOGIE WALKS (6.00)

1&2 Step side R, L together (&), Step side R
3&4 ¼ over L stepping side L, Step R together (&), Step side L (6.00)
5 6 7 8 Boogie walks fwd R, L, R, L (Sexy Walks)

[17-24]: TOUCH, PADDLE 1/8, TOUCH, PADDLE 1/8, JAZZ BOX (3.00)

1 2 3 4 Touch fwd R, Paddle 1/8 L (4.30), Touch fwd R, Paddle 1/8 L (3.00)
5 6 7 8 Cross R over L, Step Back L, Step R side, Step on L

[25-32]: DIAGONAL FWD R, TOGETHER L, FWD R, TOUCH L STRAIGHTENING TO 3.00 (WITH ARMS)
DIAGONAL FWD L, TOGETHER R, FWD L, TOUCH R STRAIGHTENING TO 3.00 (WITH ARMS)

1 2 Step R to diagonal (4.30) push arms straight out hip height, Step L together pulling elbows into waist,
3 4 Step fwd R push arms straight out hip height, Touch L together (straighten to 3.00) pulling elbows into waist,
5 6 Step L to diagonal (1.30) push arms straight out hip height, Step R together pulling elbows into waist,
7 8 Step fwd L push arms straight out hip height, Touch L together (straighten to 3.00) pulling elbows into waist,

(Arms are optional but add to the fun of this dance)

**** INTRO/TAG..... Start of dance after 8 counts. End Wall 4 facing 12.00 add intro/tag ****

ENDING:

Music will be fading on the last wall you will be facing 9.00 dance the first 12 counts to face 3.00 simply walk the 4 Boogie Walks to the front TADA!!!

I hope you enjoy this sing along happy fun dance ☐

Choreographed for NULINE DANCE MALAYSIA 11th BIRTHDAY PARTY IN KL

Last Update: 29 Aug 2023
