

# Postman

**COPPER KNOB**  
STEPSHETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Yvonne Hammond (AUS)  
音樂: Please Mr. Postman - Carpenters



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- |      |   |
|------|---|
| 1-2- | Touch right toe across front of left, kick right foot forward |
| 3&4  | Shuffle back right-left-right                                 |
| 5-6  | Touch left toe across front of right, kick left foot forward  |
| 7&8  | Shuffle back left-right-left                                  |
|      |   |
| 1&2- | Shuffle to the right stepping right-left-right                |
| 3-4  | Rock step left behind right, step right in place              |
| 5&6  | Shuffle to the left stepping left-right-left                  |
| 7-8  | Rock step right behind left, step left in place               |
|      |   |
| 1-2- | Step right toe forward, drop right heel down                  |
| 3-4  | Step left toe forward, drop left heel down                    |
| 5-8  | Double hip bumps right, double hip bumps left                 |
|      |   |
| 1-2  | Step forward on right, step back on left                      |
| 3&4  | Turn ½ turn right & shuffle forward right-left-right          |
| 5-6  | Step forward left, step forward right                         |
| 7&8  | Shuffle forward left-right-left                               |

**REPEAT**

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