

Crazy Postman

COPPER KNOB
BY STEPHEN HOLT

拍數: 32 牆數: 4 級數: Beginner
編舞者: Glynn Holt (UK)
音樂: Please Mr. Postman - Carpenters



WALK FORWARD RIGHT, LEFT, RIGHT, KICK LEFT, WALK BACK LEFT, RIGHT, LEFT, TOUCH RIGHT

- 1-2 Walk forward right, left
- 3-4 Walk forward right, kick left foot slightly forward, keeping the weight on the right foot
- 5-6 Walk back left, right
- 7-8 Walk back left touch right next to left, keeping the weight on the left foot

VINE RIGHT, VINE LEFT

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, step left next to right keeping the weight on the right foot
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side, step right next to left keeping the weight on the left foot

STEP TOUCH, STEP BACK TOUCH, SIDE TOUCH, SIDE TOUCH

- 1-2 Step diagonally forward on right, touch left next to right (weight stays on right foot)
- 3-4 Step back on left foot diagonally, touch right next to left (weight stays on left foot)
- 5-6 Step back on right foot diagonally, touch left next to right (weight stays on right foot)
- 7-8 Step diagonally forward on left, touch right next to left (weight stays on left foot)

VINE ¼ TURN RIGHT, HEEL SPLITS TWICE

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side making a ¼ turn right, step left next to right bringing weight on both feet
- 5-6 With weight on balls of feet split heels apart, bring heels together
- 7-8 With weight on balls of feet split heels apart, bring heels together

REPEAT
