

Mr Postman

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Lina Choi (HK)
音樂: Please Mr. Postman - Carpenters : (CD: Greatest Hits)



STEP, SCUFF, STEP, SCUFF, HEELS OUT IN, KICK BALL STEP

1-2-3-4 Step right forward, scuff left forward, step left forward, scuff right forward
5&6 Step right forward, twist both heels out, twist both heels center weight on left
7&8 Kick right forward, step onto ball of right, step left forward

STEP, ¼ TURN, STEP, ¼ TURN, CHASSE, ROCK BACK, RECOVER

1-2-3-4 Step right forward, pivot ¼ turn left, step right forward, pivot ¼ turn left
5&6 Step right to right side, step left next to right, step right to right side
7-8 Rock left back, recover weight onto right

KICK BALL CROSS TWICE, SWAY LEFT & RIGHT, SHUFFLE FORWARD

1&2 Kick left forward to left diagonal, step left slightly back, cross right over left
3&4 Kick left forward to left diagonal, step left slightly back, cross right over left
5-6 Step left to left side, recover weight onto right (use hip sway)
7&8 Step left forward, step right beside left, step left forward

SWAY RIGHT & LEFT, SHUFFLE, JAZZ ¼ TURN LEFT, STEP, ½ TURN

1-2 Step right to right side, recover weight onto left (use hip sway)
3&4 Step right forward, step left behind right, step right forward
5&6 Cross left over right, step back on right, make a ¼ turn to the left step left forward
7-8 Step right forward, pivot ½ turn left

REPEAT

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