

Mr. Postman

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jeanette Karlsson (SWE) - December 2009
音樂: Please Mr. Postman - Carpenters



Starts after 16 counts intro

Section 1

Chasse right, back rock, chasse left, back rock

- 1&2 Step right to right side. Close left beside right. Step right to right side.
3-4 Rock back on left. Rock forward onto right.
5&6 Step left to left side. Close right beside left. Step left to left side.
7-8 Rock back on right. Rock forward onto left.

Section 2

Step touch x 2, "V step"

- 1-2 Step right to right side. Touch left beside right.
3-4 Step left to left side. Touch right beside left.
5-6 Step forward and out on right. Step forward and out on left.
7-8 Step back on right. Close left to right.

Section 3

Rock forward, 1/2 turn shuffle back, 1/4 turn right, cross shuffle

- 1-2 Rock forward on right. Rock back onto left.
3&4 Shuffle half turn right by stepping right-left-right (facing 6 o'clock).
5-6 Step forward on left foot, make a 1/4 turn to right (facing 9 o'clock).
7&8 Cross left foot in front of right, step right to right side, cross left in front of right.

Section 4

Right scissor step, hold, left scissor step, hold

- 1-2 Step right to right side. Step left beside right.
3-4 Step right across front of left. Hold (clap).
5-6 Step left to left side. Step right beside left.
7-8 Step left across front of right. Hold (clap).
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