

# Posted Proposal

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Jon Peppin (AUS) - July 2010  
音樂: Post-It Note Proposal - Billy Bridge : (CD: Post It Note Proposal)



**Start Position: Feet together - with weight on R foot.**

**Starts 24 counts in on vocals.**

- 1-3                      [1,2,3] Waltz forward - step L forward, step R beside L, step L beside R,  
4-6                      [4,5,6] Waltz back - step R back, step L beside R, step R beside L,
- 7-9                      [1,2,3] Step L forward, turning 180 degrees L - step R beside L, step L beside R,  
10-12                    [4,5,6] Waltz back - step R back, step L beside R, step R beside L,
- 13-15                    [1,2,3] Step L forward, touch R toe to R side, hold for one count,  
16-18                    [4,5,6] Step R forward, touch L toe to L side, hold for one count,
- 19-21                    [1,2,3] Step L behind R, step/rock on ball of R to R side, rock/replace weight onto L,  
22-24                    [4,5,6] Step R behind L, step/rock on ball of L to L side, rock/replace weight onto R, \*\*  
**\*\*\*\*Note: On wall 6 - Restart dance here from the beginning\*\*\*\***
- 25-27                    [1,2,3] Turning 90 degrees R - step L forward, step R beside L, step L beside R,  
28-30                    [4,5,6] Turning 90 degrees R - step R back, step L beside R, step R beside L,
- 31-33                    [1,2,3] Turning 90 degrees R - step L forward, step R beside L, step L beside R,  
34-36                    [4,5,6] Turning 90 degrees R - step R back, step L beside R, step R beside L,
- 37-39                    [1,2,3] Twinkle - step L over R, step/rock on ball of R to R side, rock/replace weight onto L,  
40-42                    [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 90 degrees - R step R to R side,
- 43-45                    [1,2,3] Twinkle - step L over R, step/rock on ball of R to R side, rock/replace weight onto L,  
46-48                    [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 180 degrees R - step R forward.

## REPEAT DANCE IN NEW DIRECTION

### Notes:

1. Restart - on wall 6 - Dance the first 24 counts then restart the dance from the beginning.
2. Last Wall / finish - The music disappears/slows - just dance through it and on the last three counts just turn 180 degrees instead of 270 degrees:  
46-48                    [4,5,6] Step R over L, turn 90 degrees R - step L back, turn 90 degrees R - step R forward.

As taught by the Travelling Cowboy. (Ph.0413.714725) - Email: [travellingcowboy@dodo.com.au](mailto:travellingcowboy@dodo.com.au)