

Mr Postman

Choreographed by Lina Choi (Hong Kong)

Description: 32 count, 4 wall, Beginner/Intermediate line dance

Music: "Please Mr Postman" by Carpenters from "Magical Memories of the Carpenters" (16 count intro)

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, 1/4 TURN, STEP, 1/4 TURN, CHASSE, ROCK BACK, RECOVER

- 1-2-3-4 Step right forward, pivot 1/4 turn left, step right forward, pivot 1/4 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 L & R, 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 R & L, SHUFFLE, JAZZ 1/4 TURN LEFT, STEP, 1/2 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 1/4 turn to the left step left forward
- 7-8 Step right forward, pivot 1/2 turn left

REPEAT