

# Mr. Postman

拍數: 32      牆數: 4      級數: Beginner  
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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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