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Count: 64 **Wall:** 4 **Level:** Beginner/Intermediate

Choreographer: Jackie Miranda

Music: " Please Mr. Postman" by The Carpenters



Rock Forward, Recover,

Step Lock Back; Rock Back, Recover, Step Lock Forward  ,  ,  ,  ,  ,



1-2

Rock forward on R, recover back on L 

3&4

Step back on R, cross L over R, step

back on R (step lock back at slight angle)

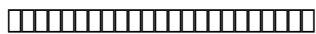
5-6

Rock back on L, recover forward on R 

7&8

Step

forward on L, lock R behind L, step forward on L





Side Rock, Recover, Cross

Over Toe Strut; Side Rock, Recover, Cross Over Toe Strut  ,  ,  ,  ,

 , 

1-4

Rock R to R side,

recover on L, cross and point R toe over L, bring R heel down (weight on R)



5-8

Rock L to L side,

recover on R, cross and point L toe over R, bring L heel down (weight on L)



1/2 Turn L, Shuffle

Forward; 1/2 Turn R, Shuffle Forward

□ 1/2, □□□ , □ 1/2, □□□

1-2

Step

forward on R, pivot 1/2 turn L (weight goes forward on L)



3&4

Shuffle

forward R, L, R □□□□□□□□

5-6

Sep

forward on L, pivot 1/2 turn R (weight goes forward on R)



> Turns, Stomps Forward With Holds and Claps

□□□□ , □□□ , □□□

1-2

Make a Monterey turn by pointing R to R

side, on the ball of L make a 1/2 turn R and step down on R

□□□□□□□□□□□□□□□□

3-4

Point L to L side, step L next to R (weight

on L)

□□□□□□□□□□□□□□□□

5-6&

Stomp R forward (styling note : bend R knee

and push L hip out), hold as you clap twice for counts 6 &

□□□□□□□□□□□□□□□□

2□

7-8

Stomp L forward for count 7 (styling note:

bend L knee as you push R hip out), hold as you clap on count 8

□□□□□□□□□□□□□□□□

□□□

Repeat Set 5 Above □□□□□

□□□

Vine R , Step Together, Swivel or Twist

to L, toes to L make a 1/4 turn to L with weight ending on L (do the variation above but make sure to complete a 1/4 turn L with weight ending on L)

