

# WAIT MR POSTMAN

Count: 64      Wall: 4      Level: beginner  
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Music: Please Mr. Postman by The Carpenters

## ROCK FORWARD, RECOVER, TRIPLE STEP IN PLACE; ROCK BACK, RECOVER, TRIPLE STEP IN PLACE

- 1-2      Rock forward on right, recover back on left
- 3&4      Triple step in place right, left, right
- 5-6      Rock back on left, recover forward on right
- 7&8      Triple step in place left, right, left

## SIDE ROCK, RECOVER, CROSS OVER TOE STRUT; SIDE ROCK, RECOVER, CROSS OVER TOE STRUT

- 1-4      Rock right to right side, recover on left, cross and point right toe over left, bring right heel down (weight on R)
- 5-8      Rock left to left side, recover on right, cross and point left toe over right, bring left heel down (weight on L)

## SIDE ROCK, RECOVER, TRIPLE STEP IN PLACE; SIDE ROCK, RECOVER, TRIPLE STEP IN PLACE

- 1-2      Side rock right to right side, recover on left
- 3&4      Triple step in place right, left, right
- 5-6      Side rock left to left side, recover on right
- 7&8      Triple step in place left, right, left

## TWO ¼ TURNS LEFT, OUT-OUT, HOLD WITH A CLAP, IN-IN, HOLD WITH A CLAP

- 1-2      Make two ¼ turns left by stepping slightly forward on right, turn ¼ left  
For styling, you can rotate hips to the left (weight ends on left)
- 3-4      Repeat steps 1-2 above
- &5-6      Step right slightly out to right side, step left out slightly to left side, hold as you clap
- &7-8      Bring right into center, bring left next to right, hold as you clap (weight on left)

## WALK FORWARD, WALK BACK

- 1-4      Walk forward right, left, right, kick left forward
- 5-8      Walk back left, right, left, touch right next to left

## SHOOP STEP TOGETHER, STEP, TOUCH; SHOOP STEP TOGETHER STEP, TOUCH

- 1-4      Step right to right side, step left next to right, step right to right side, touch left next to right (use arms pushing forward and back)
- 5-8      Step left to left side, step right next to left, step left to left side, touch right next to left (use arms pushing forward and back)

## VINE RIGHT, BRUSH, TWIST

- 1-4      Vine right by stepping right to right side, step left behind right, step right to right side, brush left foot forward
- 5-8      Point left toe to left side and twist side to side, ending with weight on left on count 8

## VINE RIGHT, BRUSH, TWIST ¼ LEFT

- 1-4      Vine right by stepping right to right side, step left behind right, step right to right side, brush left foot forward
- 5-8      Point left toe to left side and twist side to side into ¼ turn left, ending with weight on left on count 8

## REPEAT