

PLEASE MR POSTMAN II

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Music : "Please Mr. Postman" by Carpenters 1991 Remix
Album "Carpenters Gold - 35th Anniversary Edition", from Amazon & etc.
Time@RPM : 2:40@47 speed to 104% (As downloaded 2:47@45) Phase : II Two step
POS. : Intro-OP-FCG WALL, Dance-CP WALL Footwork : Opposite, except where noted.
SEQ. : Intro-AB-AC-B-AC-End Degree of Difficulty : EAZY

INTRODUCTION

1-4 WAIT 2 MEAS;; APT & PT; TOG TO CP WALL & TCH;

- 1-2 In OP-FCG WALL wait 2 meas.;;
- 3-4 Apt L, -, pt R, -; Tog R to CP WALL, -, tch L, -;

PART-A

1-4 TRAVELING BOX;;;;

- 1-2 Sd L, cl R, fwd L, -; Blendg to RSCP RLOD fwd R, -, fwd L, -;
- 3-4 Fcg ptr sd R, cl L, bk R, -; Blendg to SCP LOD fwd L, -, fwd R, -;

5-8 CIRC AWY 2 TWO STEPS;; STRUT TOG 4 TO SCP LOD;;

- 5-6 Trng LF(W RF) circ twd COH fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R trng LF(W RF) fcg ptr, -;
- 7-8 Strut tog fwd L, -, fwd R, -; Fwd L, -, fwd R to SCP LOD, -;

PART-B

1-4 2 FWD TWO STEPS;; HITCH 6;;

- 1-2 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -;
- 3-4 Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, -;

5-8 VIN APT & CLAP; VIN TOG TO CP WALL; 1/2 BOX FWD; SCIS THRU TO SCP LOD;

- 5-6 Vin apt L, XRib, sd L, tch R with clap your hnds; Vin tog R, XLib, sd R, tch L to fc to CP WALL;
- 7-8 Sd L, cl R, fwd L, -; Sd R, cl L, thru R(W L) to SCP LOD, -;

9-12 LACE UP TO CP WALL;;;;

- 9-10 Fwd L, cl R, fwd L (As W prog undr jnd ld hnds R, L, R), -; Fwd R, cl L, fwd R, -;
- 11-12 Chg hnds fwd L, cl R, fwd L(As W prog undr M's R & W's L R, L, R), -; Fwd R, cl L, fwd R, -;

13-16 LEFT TURNING BOX;;;;

- 13-14 Sd L, cl R, fwd L trng $\frac{1}{4}$ LF, -; Sd R, cl L, bk R trng $\frac{1}{4}$ LF, -;
- 15-16 Sd L, cl R, fwd L trng $\frac{1}{4}$ LF, -; Sd R, cl L, bk R trng $\frac{1}{4}$ LF, -;

PART-C

1-4 VINE 3 TCH; WRAP 3 TCH; UNWRAP 3 TCH; CHANGE SIDES TO BFLY COH;

- 1-4 Sd L, XRib, sd L, tch R; Sd R, XLib, sd R, tch L(W wrap trn LF L, R, L, tch R) keep both hnds jnd ld hnds over W's head & M's R & W's L at waist level; Release ld hnds M sip L, R, L, tch R(W unwrap RF to arms length R, L, R, tch L); Fwd R, L, R trn RF, tch L(W fwd L, R, L undr raised M's R & W's L arms trng LF, tch R) to BFLY/COH;

5-8 VINE 3 TCH; WRAP 3 TCH; UNWRAP 3 TCH; CHANGE SIDES TO SCP LOD;

- 5-8 Repeat 1-4 of PART-C start twd RLOD edg in SCP LOD;;;;

ENDING

1-4 LACE UP TO CP WALL;;;;

- 1-4 Repeat meas 9-12 of Part-B;;;;

5-8 LEFT TURNING BOX;;;;

- 5-8 Repeat meas 13-16 of Part-B;;;;

9-12 TRAVELING BOX;;; APT & PT;

- 9-11 Repeat meas 1-3 of Part-A edg CP WALL;
- 12 Apt L to OP-FCG WALL, -, pt R twd ptr, -;

Quick Cues

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INTRODUCTION

1-4 In OP-FCG WALL wait 2 meas.;; Apt & Pt; Tog & Tch to CP;

PART-A

1-4 Traveling Box;;;

5-8 Circle Away 2 Two Steps;; Tog Strut 4 to SCP;;

PART-B

1-4 2 Fwd Two Steps;; Hitch 6;;

5-8 Vine Apt & Clap; Vine Tog to CP; 1/2 Box Fwd; Scissors Thru to SCP;

9-12 Lace Up to CP;;;

13-16 Left Turning Box;;;

PART-A

1-4 Traveling Box;;;

5-8 Circle Away 2 Two Steps;; Tog Strut 4 to SCP;;

PART-C

1-4 Vine 3 Tch; Wrap 3 Tch; Unwrap 3 Tch; Change Sides to BFLY COH;

5-8 Vine 3 Tch; Wrap 3 Tch; Unwrap 3 Tch; Change Sides to SCP;

PART-B

1-4 2 Fwd Two Steps;; Hitch 6;;

5-8 Vine Apt & Clap; Vine Tog to CP; 1/2 Box Fwd; Scissors Thru to SCP;

9-12 Lace Up to CP;;;

13-16 Left Turning Box;;;

PART-A

1-4 Traveling Box;;;

5-8 Circle Away 2 Two Steps;; Tog Strut 4 to SCP;;

PART-C

1-4 Vine 3 Tch; Wrap 3 Tch; Unwrap 3 Tch; Change Sides to BFLY COH;

5-8 Vine 3 Tch; Wrap 3 Tch; Unwrap 3 Tch; Change Sides to SCP;

ENDING

1-4 Lace Up to CP;;;

5-8 Left Turning Box;;;

9-12 Traveling Box;;; Apt & Pt;