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32 Count, 4 Wall, Improver Choreographer: Shanthie De Mel (AU) Jan 2016 Choreographed to: Please Mr. Postman by The Marvelettes. (122 BPM)

Begin: 16 count Intro. Start just before vocals "Please Mr. Postman"

Note: The rhythm throughout is Quick.Quick.Quick & Quick

	CROSS ROCK. RECOVER. SHUFFLE RIGHT. CROSS ROCK. RECOVER. SHUFFLE LEFT.
1,2,3&4	Rock R over L. Recover L. Shuffle right R-L-R.
5,6,7&8	Rock L over R. Recover R. Shuffle left L-R-L. (12:00)
	FORWARD. HITCH-1/4 RIGHT TURN. SHUFFLE FORWARD. x2.
1,2,3&4	Step R forward. Turning 1/4 right hitch L. Shuffle forward L-R-L. (3:00)
5,6,7&8	Step R forward. Turning 1/4 right hitch L. Shuffle forward L-R-L. (6:00)
	FORWARD. TAP. SHUFFLE BACK. BACK. KICK. TRIPLE IN PLACE.
1,2,3&4	Step R forward. Tap L behind R. Shuffle back L-R-L.
5,6,7&8	Step R back. Kick L forward. Triple in place L-R-L. (6:00)
	KICK. KICK.TRIPLE IN PLACE. KICK. KICK. TURN 1/4 LEFT SIDE. HOLD.
1,2,3&4	Kick R forward. Kick R to right. Triple in place R-L-R.
5,6,7&8	Kick L forward. Kick L to left. Turning 1/4 left step L to left. Hold. (3:00

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 that 10p per minute