



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Post It Note

32 Count, 2 Wall, Beginner

Choreographer: Pat Newell (USA) Mar 2016

Choreographed to: Please Mr. Postman by The Carpenters

Alternative Music: Joe's Place by Joe Nichols - 16 in/ 126bpm

Senior Dancing Series

Section 1 Triple Right, Rock Recover, Triple Left Rock Recover

1&2 3-4 Triple to side, R, L, R, rock back on L recover on R

5&6 7-8 Triple to side L, R, L, rock back on R, recover on L

Section 2 Triple Forward, Rock Recover, Triple Back Rock Recover

1&2 3-4 Triple forward, R,L,R , rock forward on L, recover on R

5&6 7-8 Triple back L, R, L, rock back on R, recover on L

Section 3 Two ¼ Pivots Left, Four Count Rocking Chair

1-4 Step forward on R, turn ¼ L (wt on L), step forward on R, turn ¼ L (wt on L)

5-8 Rock forward on R, recover on L, rock back on R, recover on L

Section 4 K Step

1-4 Step forward on R touch L together step back on L touch together,

5-8 Step back on R, touch L together , step forward on L touch R together

No Tags, No Restarts

Dance For The Health Of It
