PLEASE MR. POSTMAN

Choreo: Daisuke & Tamae Doi, 53-2 Daimon-cho, Okuda, Inazawa City, Aichi 492-8226 JAPAN
Music: Universal International UICY-2050 CD Track 12 by: The Carpenter
or available from choreographer on MP3 file or others
Rhythm: Jive  Phase III + 2 [Continuous Chasse, Pretzel Turn]
Sequence: Intro - A - B - C - A - B - C - Ending
Timing: QQaQQaQ unless noted by side of measure
Footwork: Opposite except where noted

INTRO

1 - 4  WAIT:; CHG L TO R w/CONTINUOUS CHASSE:;
1-2  {Wait} LOP Fcg LOD lead ft free wait 2 meas;;
QQaQ
3-4  {Change Places Left To Right With Continuous Chasse} Rk apt L, rec R, sm step sd L/cl R,
sd L trn 1/4 RF (W rk blk R, rec L to fc, sd R/cl L, fwd R twd LOD trn 3/4 RF under jnd lead hnds);
blending to CP sd R/cl L, sd R/cl L, sd R/cl L, sd R end CP Wall;

PART A

1 - 4  CHG R TO L:; APT REC KICK BALL CHG:; CHG R TO L:;
1-2.5  {Change Places Right To Left} Trn to SCP rk blk L, rec R trn blk to fc, sd L/cl R, sd L
trn 1/4 LF; sd R/cl L, sd R (W rk blk R, rec L to fc, sd R/cl L, fwd R twd LOD trn 3/4 RF
under jnd lead hnds; sd & blk L/cl R, sd & blk L) end LOP Fcg LOD,
QQaQ
2.5-3.5  {Apart Recover Kick Ball Change} Rk apt L, rec R; kick L fwd/take wgt on ball of L,
replace wgt on R,
3.5-4  {Change Places Right To Left} Rk apt L, rec R; sd L/cl R, sd L trn 1/4 LF, sd R/cl L, sd R
(W rk apt R, rec L; sd R/cl L, fwd R twd COH trn 3/4 RF under jnd lead hnds, bk L/cl R, bk L)
end LOP Fcg COH,

5 - 8  CHG HNDS BHD BK:; APT REC FWD CL:; R TRNG FALLAWAY:;
5-6.5  {Change Hands Behind Back} Rk apt L, rec R, sm step fwd L/cl R, fwd L trn 1/4 LF;
cont trn sd & blk R/cl L, cont trn blk R (W rk apt R, rec L, fwd R/cl L, fwd R trn 1/4 RF;
sd L/cl R, cont trn sd & blk L to fc ptr) end LOP Fcg Wall,
QQQ
6.5-7.5  {Apart Recover Forward Close} Rk Apt L, rec R; fwd L blend to CP, cl R end CP Wall,
7.5-8  {Right Turning Fallaway} Trn to SCP rk blk L, rec R trn bk to fc; trng 1/4 RF sd L/cl R,
sd L, trng 1/4 RF sd R/cl L, sd R end CP COH,

9 - 16  CHG R TO L:; APT REC KICK BALL CHG:; CHG R TO L:;
CHG HNDS BHD BK:; APT REC FWD CL:; R TRNG FALLAWAY:;
9-16  Repeat meas 1 thru 8 to opposite direction; end CP Wall;
“Please Mr. Postman”  
(Continued)

PART B

1 - 4  FALLAWAY RK;.. JIVE WKS.;. SWIVEL WK 4:  
1-2.5 {Fallaway Rock}  Trn to SCP rk bk L, rec R, sd & fwd L/cl R, sd & fwd L;  trn to RSCP sd & fwd R/cl L, sd & fwd R,  
2.5-3 {Jive Walks}  Trn to SCP rk bk L, rec R;  fwd L/R, L, R/L, R;  
QQQ 4 {Swivel Walk 4}  Swivel RF on R almost to fc ptr fwd & sd L [swivel in], swivel LF on L  
still in SCP fwd R [swivel out], swivel in L, swivel out R;  

5 - 8  THROWAWAY: LINK RK;.. L TRNG FALLAWAY::  
QaQQaQ 5 {Throwaway}  Sd L/cl R, sd L trn 1/4 LF, sd R/cl L, sd R (W sd R/cl L, sd R trn 1/4 LF to fc ptr, sd & bk L/cl R, sd & bk L) end LOP Fcg LOD;  
6-7.5 {Link Rock To Fc Wall}  Rk apt L, rec R, sm step fwd L/cl R, fwd L blend to CP trn 1/4 RF;  
ds R/cl L, sd R end CP Wall,  
7.5-8 {Left Turning Fallaway}  Trn to SCP rk bk L, rec R trn bk to fc;  trng 1/4 LF sd L/cl R, sd L,  
trng 1/4 LF sd R/cl L, sd R end CP COH;  

9 - 16  FALLAWAY RK;.. JIVE WKS.;. SWIVEL WK 4; THROWAWAY; LINK RK;.. L TRNG FALLAWAY::  
9-16 Repeat meas 1 thru 8 to opposite direction;;;;;;; end CP Wall;  

PART C

1 - 8  PRETZEL TRN w/DBL RKS & REV PRETZEL TRN w/DBL RKS & CL PT;;;;;;;  
BASIC RK::  
QQaQ 1-7.5 {Pretzel Turn With Double Rocks & Reverse Pretzel Turn With Double Rocks & Close Point}  
QQQQ  Trn to SCP rk bk L, rec R trn bk to fc, sd L/cl R, sd L trn 1/2 RF to Bk-To-Bk Pos keep lead  
QQQQ  hnds jnd low;  sd R/cl L, sd R trn 1/4 RF to fc LOD with lead hnds jnd bhd bks, rk fwd L  
QQQQa  with R hnd extended fwd, rec R;  rk fwd L, rec R trn 1/4 LF to Bk-To-Bk Pos, sd L/cl R,  
QQQQ  sd L trn 1/2 LF to fc ptr;  sd R/cl L, sd R release jnd lead hnds and jn trail hnds trn 1/2 LF to  
QQQQs  Bk-To-Bk Pos keep trail hnds jnd low, sd L/cl R, sd L trn 1/4 LF to fc RLOD with trail hnds  
aS  jnd bhd bks;  rk fwd R with L hnd extended fwd, rec L, rk fwd R, rec L trn 1/4 RF to  
QQQQ  Bk-To-Bk Pos;  sd R/cl L, sd R trn 1/2 RF to fc ptr jn lead hnds, sd L/cl R, sd L;  
QQQQQ  cl R/pt L sd, end Low Bfly Wall;  
7.5-8 {Basic Rock}  Rk apt L, rec R, sd L/cl R, sd L;  blending to CP sd R/cl L, sd R,  

REPEAT PART A  
REPEAT PART B  
REPEAT PART C  

END

1 - 4  JIVE WKS;.. SWIVEL WK 4;.. PT STEP 2 & PT HOLD;..  
1-2.5 {Jive Walks}  Repeat meas 2.5-3 Part B;  
QQ 2.5-3.5 {Swivel Walk 4}  Repeat meas 4 Part B;  
QQQS 3.5-4 {Point Step 2 & Point Hold}  Keep SCP pt L fwd with outsd edge of ft in contact with floor  
look fwd, transfer wgt to L;  pt R thru with outsd edge of ft in contact with floor look bhd,  
transfer wgt to R, pt L fwd with outsd edge of ft in contact with floor look at ptr,-;  

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