

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 e-mail : d-doi@tcp-ip.or.jp
Rhythm : Jive Phase III + 2 [Continuous Chasse, Pretzel Turn]
Sequence : Intro - A - B - C - A - B - C - Ending **Speed** : 34 MPM
Timing : QQQaQQaQ unless noted by side of measure **Difficulty** : Average
Footwork : Opposite except where noted **Released** : May, 2009 Ver. 1.0

INTRO

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

- QQQaQ 1-7.5 {Pretzel Turn With Double Rocks & Reverse Pretzel Turn With Double Rocks & Close Point}
QaQQQ 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
QQQaQ 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
QaQQaQ 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
QaQQaQ 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
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;
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,;;
QQQQ 2.5-3.5 {Swivel Walk 4} Repeat meas 4 Part B,;;
QQQQS 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,-;