

# Wait a Minute Mr Postman

**Description :** 32 comptes \_ 4 murs \_ niveau: débutant \_ Août 2023

**Chorégraphe:** Alison Johnstone (AUS)

**Musique:** Please Mr. Postman - The Saturdays

**Start: After 8 counts on word "Stop" with Intro**

**Intro / Tag: End wall 4 facing 12.00 - Repeat the Intro. IE TAG & INTRO ARE THE SAME**

**INTRO/TAG: STOMP R TO SIDE R ARM STRAIGHT OUT PALM FWD (STOP), HOLD 3 COUNTS, HIP BUMPS**

**STOMPL ARMS OUT AT SIDE LOW, PALMS FACING BACK, HOLD 3 COUNTS, ROLL HIPS AROUND**

1 2 3 4 Stomp R to side R arm out at shoulder height palm up and fwd, hold 3 counts

5 6 7 8 Bump hips L, R, L, R

1 2 3 4 Stomp L hands down at sides slightly out of body palms facing back, Hold 3 counts

5 6 7 8 Rotate hips anti clockwise (5,6) Rotate hips anti clockwise (7,8)

DANCE:

**[1-8]: CHASSE, ¼ CHASSE, 2 X KICK BALL CHANGE (9.00)**

1&2 Step side R, L together (&), Step side R

3&4 ¼ over L stepping side L, Step R together (&), Step side L (9.00)

5&6 Kick R fwd, Step on ball of R (&), Step L in place

7&8 Kick R fwd, Step on ball of R (&), Step L in place

**[9-16]: CHASSE, ¼ CHASSE, 4 X BOOGIE WALKS (6.00)**

1&2 Step side R, L together (&), Step side R

3&4 ¼ over L stepping side L, Step R together (&), Step side L (6.00)

5 6 7 8 Boogie walks fwd R, L, R, L (Sexy Walks)

**[17-24]: TOUCH, PADDLE 1/8, TOUCH, PADDLE 1/8, JAZZ BOX (3.00)**

1 2 3 4 Touch fwd R, Paddle 1/8 L (4.30), Touch fwd R, Paddle 1/8 L (3.00)

5 6 7 8 Cross R over L, Step Back L, Step R side, Step on L

**[25-32]: DIAGONAL FWD R, TOGETHER L, FWD R, TOUCH L STRAIGHTENING TO 3.00 (WITH ARMS) DIAGONAL FWD L, TOGETHER R, FWD L, TOUCH R STRAIGHTENING TO 3.00 (WITH ARMS)**

1 2 Step R to diagonal (4.30) push arms straight out hip height, Step L together pulling elbows into waist,

3 4 Step fwd R push arms straight out hip height, Touch L together (straighten to 3.00) pulling elbows into waist,

5 6 Step L to diagonal (1.30) push arms straight out hip height, Step R together pulling elbows into waist,

7 8 Step fwd L push arms straight out hip height, Touch L together (straighten to 3.00) pulling elbows into waist,(Arms are optional but add to the fun of this dance)\*\*\*\*

**INTRO/TAG :**

**Start of dance after 8 counts. End Wall 4 facing 12.00 add intro/tag**

**ENDING:**

**Music will be fading on the last wall you will be facing 9.00 dance the first 12 counts to face 3.00 simply walk the 4 Boogie Walks to the front TADA!!!**

I hope you enjoy this sing along happy fun dance

Choreographed for NULINE DANCE MALAYSIA 11th BIRTHDAY PARTY IN KL