



EDDIE'S & BOBBIE'S RECORD SHOP

3341

POSTMAN CHA

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RECORD: A&M Records 8593-S "Please Mr. Postman"/The Carpenters (Flip "Solitaire")

SEQUENCE: Intro, A, B, A, C, *B, D, A, *C, C (1-7), Ending RHYTHM: Cha Cha SPEED: 41-43 rpm

PHASE: IV + 2 (Cross Basic & Cubans) FOOTWORK: Described for man - woman opposite (or as noted)

INTRO

1 - 4 WAIT; WAIT; CLOSE POINT TO BUTTERFLY; MERENGUE 4;

- 1-2 - Open facing M facing wall, hands behind your back, M's R ft and W's L ft pointing sd to RLOD, Wait 2 measures;;
- 3 - On word "WAIT"! Cl R to L/point L sd to LOD (Point R sd to LOD) as you sharply bring arms up to butterfly, hold,;;
- 4 - Sd L, cl R, sd L, cl R; [To work hips in Merengue, first relax knee of lead foot. As you take weight straighten that leg while you immediately relax other knee. As you close your feet straighten that leg and start the process all over again.]

PART A

1 - 4 OPEN BREAK; CRAB WALK; SIDE WALK; BREAK BACK TO LEFT OPEN;

- 1 - Rk apt L to LOP facing while extending trailing arm straight up, rec R lowering arm to BFLY, sd L/cl R, sd L;
- 2 - Look LOD fwd XRIF of L, sd L, fwd XRIF of L/sd L, fwd XRIF of L;
- 3 - Sd L, cl R, sd L/cl R, sd L;
- 4 - Trng RF to LOP facing RLOD bk R, rec L, fwd R/lk LIB of R, fwd R;

5 - 8 HOP 2 & CHA TO BUTTERFLY; TRAVELING DOOR;; SIDE WALK;

- 5 - Fwd L/with lifting action, fwd R/with lifting action, fwd L/lk RIB of L, fwd L trng LF to BFLY; [To hop, lifting action should be slight so as not to completely have feet leave the floor.] NOTE: Swivel 2 could replace Hop 2.
- 6-7 - Rk sd R, rec L, XRIF of L/sd L, XRIF of L; Rk sd L, rec R, XLIF of R/sd R, XLIF of R;
- 8 - Sd R, cl L, sd R/cl L, sd R;

PART B

1 - 4 REVERSE UNDERARM TURN; FENCELINE; ROCK & WRAP LADY IN 4; WHEEL TO FACE LOD;

- 1 - Trng slightly RF and releasing trailing hands fwd XLIF of R trng WLF under M's L & W's R hnds, rec R to fc in BFLY, sd L/cl R, sd L (Fwd R to RLOD trng LF under joined lead hands, fwd L cont tm to fc M in BFLY, sd R/cl L, sd R);
- 2 - Look LOD fwd XRIF of L lunge with soft knee, rec L to fc, sd R/cl L, sd R;
- 3 - Rk fwd L, rec R, in pl L/R, L leading W to wrap LF under M's L & W's R hands (Rk bk R, rec L, fwd R trng 1/2 LF under lead hands, cl L to R to wrap position facing WALL); NOTE: Next 5 measures are same footwork!
- 4 - Wheel 3/4 RF fwd R, fwd L, fwd R/cl L, fwd R (Wheel RF small bk R, bk L, bk R/cl L, cl R to fc LOD);

5 - 8 PARALLEL CHASE W/TRIPLE CHA ENDING;;; FORWARD CHECKED FAN;

- 5-6 - Still in wrap pos fwd L trng RF to fc WALL, rec fwd R cont tm to fc RLOD, with L sd leading fwd L/lk RIB of L, fwd L; Fwd R trng LF to fc WALL, rec fwd L cont tm to fc LOD, with R sd leading fwd R/lk LIB of R, fwd R;
- 7 - With L sd leading fwd L/lk RIB of L, fwd L, with R sd leading fwd R/lk LIB of R, fwd R;
- 8 - Fwd L, ck fwd R, rec L trng RF to fc WALL, sd R (Fwd L, fwd R trng 1/2 LF to fc RLOD, bk L/lk RIF of L, bk L to fan pos);

9 - 12 HOCKEY STICK TO HANDSHAKE;;; ALEMANA;;

- 9-10 - Fwd L, rec R, in pl L/R, L (Cl R to L, fwd L, fwd R/lk LIB of R, fwd R); Bk R, rec L to fc DRW, fwd R/lk LIB of R, fwd R to a right handshake facing DRW (Fwd L toeing out to DRW, fwd R trng LF, cont tm bk L/lk RIF of L, bk L to fc M);
- 11-12 - Fwd L, rec R, sip L/R, L (Bk R, rec L, fwd & sd R/L, R); Bk R, rec L to fc WALL, sd R/cl L, sd R still in a right handshake L arms out to side (Fwd L trng RF under joined R hands, fwd R cont tm to fc COH & M, sd L/cl R, sd L);

13-16 SHADOW HAND TO HANDS;; TIME STEPS;;

- 13 - Trng LF to fc LOD bk L (L arm out to side behind M's back), rec R trng RF to fc WALL, sd L/cl R, sd L;
- 14 - Trng RF to fc RLOD bk R and L arm out to side behind W's back, rec L trng LF to fc WALL, sd R/cl L, sd R releasing right handshake and quickly bringing both hands in towards chest;
- 15 - XLIB of R as you extend arms out to side, rec R, sd L/cl R, sd L bringing arms back in to chest;
- 16 - XRIB of L as you extend arms out to side, rec L, sd R/cl L, sd R leaving arms out to blend to BFLY;

* 2nd time through Part B meas 15-16 Headcue should be:

15-16 RUMBA TIME STEPS;;

- 15 - XLIB of R as you extend arms out to side, rec R, sd L bringing arms back in to chest,-;
- 16 - XRIB of L as you extend arms out to side, rec L, sd R leaving arms out to blend to BFLY,-;

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PART C

1 - 4 CROSS BASIC;; SHOULDER TO SHOULDER; AIDA;

- 1-2 - XLIF of R soft knee comm LF tm, rec bk R cont tm to fc LOD (XRIB of L soft knee comm LF tm, rec fwd L cont tm to fc RLOD), sd L/cl R, sd L; XRIB of L soft knee comm LF tm, rec fwd L cont tm to fc COH (XLIF of R soft knee comm LF tm, rec bk R cont tm to fc WALL), sd R/cl L, sd R; [Cross Basic turns 1/4 LF per measure for a total of 1/2 LF turn.]
- 3 - Fwd L outside ptr slight cross of thighs to BFLY SCAR (Bk R slight cross of thighs), rec R to fc, sd L/cl R, sd L;
- 4 - Fwd XRIF of L, sd L trng RF, sd & bk R/lk LIF of R, bk R to V-bk to bk pos M facing DW (W facing DC);

5 - 8 ROCK & LOCK TO BUTTERFLY; VINE 2 & SIDE CHA; NEW YORKER; WHIP;

- 5 - Maintaining aida line rk fwd L pushing pelvis fwd, rec R bringing pelvis back, fwd L/lk RIB of L, fwd L trng LF to BFLY;
- 6 - Sd R to LOD, XLIB of R (XRIB of L), sd R/cl L, sd R;
- 7 - Trng RF thru L to LOP facing LOD, rec R trng LF to fc in BFLY, sd L/cl R, sd L;
- 8 - Lowering arms to lead whip bk R trng 1/4 LF, rec fwd L cont tm another 1/4 to fc WALL in BFLY, sd R/cl L, sd R;

* 2nd time through Part C meas 8 Headcue should be:

8 SPOT TURN;

- 8 - Fwd XRIF of L trng LF, rec L cont tm to fc, sd R/cl L, sd R to BFLY COH;

NOTE: Part C will start facing COH last (3rd) time through, so on the Cross Basic M will tm LF to fc RLOD in the 1st meas and the WALL in the 2nd meas. Then finish Part C from there as you would normally to end up with M facing WALL for the ending.

PART D

1 - 4 SINGLE CUBANS; SPOT TURN; SINGLE CUBANS; SPOT TURN;

- 1 - In BFLY XLIF of R/rec R, sd L, XRIF of L/rec L, sd R;
- 2 - Fwd XLIF of R trng RF, rec R cont tm to fc, sd L/cl R, sd L;
- 3 - XRIF of L/rec L, sd R, XLIF of R/rec R, sd L;
- 4 - Fwd XRIF of L trng LF, rec L cont tm to fc, sd R/cl L, sd R;

5 - 8 NEW YORKER IN 4; NEW YORKER & POINT; DOUBLE CUBANS;;

- 5 - Trng RF thru L to LOP facing RLOD, rec R trng LF to fc in BFLY, sd L as in hip rock action, sd R;
- 6 - Trng RF thru L to LOP facing RLOD, rec R trng LF to fc in BFLY, point L sd to LOD (Point R sd to LOD);-
- 7-8 - XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L; XRIF of L/rec L, sd R/rec L, XRIF of L/rec L, sd R;

ENDING

1 RUMBA SPOT TURN WITH SIDE LUNGE REVERSE LOOK TO LOD;

- 1 - To LOD fwd XRIF of L trng LF, rec L cont tm to fc WALL, lunge sd R to RLOD soft knee with R sd stretch (L sd stretch), and slowly extend arms out to sides as you look to LOD;-; [Lead arms should be lower than trailing arms.]

