PLEASE MR. POSTMAN

By: Bill & Martha Buck, 521 Woodbine Dr., Shreveport, LA 71105 (318) 869-1879 *billmar@iamerica.net*
Record: A&M 75021 8593 7 "Please Mr. Postman" the Carpenters
Phase: Phase IV+2 Cha Cha   Footwork: Opposite   speed 39/40 rpm   Time: 2:48
Sequence: INTRO AB AC BDAB(1-14) TAG   Released June, 2001

INTRO

1 – 4   PRESS LINE FCG RLOD WAIT PU'S & TWO MEAS;-; SWITCH,HOLD,,; SPOT TURN;
    1-2   Both fcg RLOD ld hds jnd & fwd ld ft in press line trailing hds out & back wait PU's & 2 meas,,;-;
    3-4   On strong word "wait",back & side L to fac ptr,-,-; XRif of L trng LF ½, rec L cont trn to fc ptr,
          sd R/cl L,sd R to BFLY WALL;

PART A

1 – 4   OP BREAK; NAT TOP; HALF BASIC; FAN;
    1-2   Rk apt L ext trailing arms straight up, rec R lowering arm, sd L/ cl R, sd L comm RF trn;
          XRib of L trng RF, sd L cont trn, xRib of L/ sd L cont trn, cl R to L (W sd L trng RF, xRif of L
          cont trn, sd L/ xRif of L cont trn, cl L to R) to end CP WALL;
    3-4   Fwd L, rec R, sd L/ cl R, sd L; Bk R trn body slightly LF, rec L release trailing hds, sd R/ cl L, sd R
          to fan pos (W fwd L trn LF, sd & bk R twd DW, bk L/lk Rif of L, bk L leave R ext fwd);
5 – 8   HOCKEY STICK;-; SPOT & TIME; TIME & SPOT;
    1-2   Fwd L, rec R, in pl L/R, L (W cl R to L, fwd L, fwd R/ lk Lib,fwd R) lding W to end in front of M;
          Bk R small stp, rec L to fc DRW, fwd R/ lk Lib of R, fwd R (W fwd L, fwd R trn LF under ld arms
          to fc ptr, backing on the diag bk L/ lk Rif of L, bk L) lead arms at waist level;
    3   Release ld hds xLif of R trng RF to fc RLOD, fwd R cont RF trn to fc ptr, sd L/ cl R, sd L (W xRib
          of L, rec L, sd R/cl L, sd R);
    4   XRib of L, rec L, sd R/ cl L, sd R (W xLif of R trn RF to fc LOD, rec R cont RF trn to fc ptr, sd L/
          cl R, sd L) blend CP fc WALL;

PART B

1 – 4   CROSS BODY;-; FENCE LINE; THRU TO AIDA;
    1-2   Fwd L, rec R trn LF to fc LOD, sd L/ cl R, sd L (W bk R, rec L, fwd R/ lk Lib, fwd R twd M
          staying on R sd of M in L-shaped pos); Bk R beh L cont LF trn, rec L fc COH, sd R/ cl L, sd R
          (W fwd L comm LF trn, fwd R cont trn to fc M, sd L/ cl R, sd L);
    3   X lunge thru L to LOD, rec R to BFLY, sd L/ cl R, sd L;
    4   Thru R comm RF trn, sd L cont R trn to LOP fc LOD, bk R/ lk Lif, bk R;
5 – 8   SWITCH w/CUBAN BREAK END; FENCE LINE; REV UNDERARM TRN; UNDERARM TRN;
    5-6   Trng LF rk sd L to fc BFLY, rec R, xLif of R/ rec R, sd L; X lunge thru R, rec L, sd R/ cl L, sd R;
    7   XLif of R raise ld arms to lead W into a LF underarm trn, rec R, sd L/ cl R, sd L (W xRif of L under
          jnd ld hds trng ½ LF, rec L cont LF trn to fc ptr, sd R/ cl L, sd R);
    8   XRib of L raise ld arms to lead R into a RF underarm trn, rec L, sd R/ cl L, sd R (W xLif of R under
          jnd ld hds trng ½ RF, rec R cont RF trn to fc ptr, sd L/ cl R, sd L) still fcg COH;
9 –12   BREAK BACK TO TRIPLE CHAS FWD;-; AIDA WITH BACK TRIPLE CHAS;-;
    9-10 Trng LF bk L to fc RLOD, rec R trn body in twd ptr tch ld hds, fwd L/lk Rib of L, fwd L; trn slightly
          away from ptr fwd R/ lk Lib of R, fwd R, trn slightly twd ptr fwd L/ lk Rib of L, fwd L;
    11-12 Fwd R trn RF, sd L cont RF trn to aida pos bk R/ lk Lif of R, bk R; Trng slightly twd ptr bk L/lk Rif
          of L, bk L, trn to aida pos bk R/ lk Lif of R, bk R both fcg LOD M on outsd of circle;
13-16   SWITCH CROSS BFLY; SD WALK LOD; NY ER IN 4 TWICE;-; 2^(nd) TIME TO LH STAR
    13-14 Trng LF to fc ptr sd L checking bring jnd hds thru, rec R, in BFLY xLif of R/ sd R, xLif of R;
          Travel LOD Sd R, cl L, sd R/ cl L, sd R;
    15-16 Swvl on R and step thru L with straight leg, rec R to fc, sd L, sd R; Repeat Meas 15 of Part B;
         NOTE: 2^(nd) time thru Part B Meas 16 Swvl on R and step thru L, rec R to fac, sd L, trng RF
         fwd R (W thru R, rec L to fac, sd R, trng RF bk L) to left hand star M fcg RLOD;

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REPEAT PART A: (START & END FCG COH)

PART C

1 – 4   ALEMANA TO LARIAT;-;-;-;
    1-2   Fwd L, rec R, sd L/ cl R, sd L placing ld hds up palm to palm to cause the W to comm RF underarm
        turn (W bk R, rec fwd L, sd R/cl L,sd R comm RF swvl); Bk R, rec L, in place R/ L,R
        leading W under ld hds (W cont RF trn under jnd ld hds fwd L, cont RF trn fwd R, fwd L/ R, L to
        end at M's rt sd to comm lariat);
    3-4   Cucaracha sd L, rec R, in pl L/ R, L leading W arnd back with high ld hds jnd throughout (W circle
        RF fwd R, fwd L, fwd R/ cl L, fwd R); Cucaracha sd R, rec L, in pl R/ L, R leading W to CP fcg
        WALL (W cont circle fwd L, fwd R, fwd L/ cl R, fwd L twd ptr to CP);
5 - 8   CHASE PEEK-A-BOO;-;-;-;
    5-6   Fwd L trng ½ RF, rec fwd R, fwd L/ lk Rib, fwd L (W bk R, rec fwd L, fwd R/ lk Lib, fwd R);
        Sd R look over L shld, rec L, in pl R/ L, R (W sd L look at ptr, rec R, in pl L/ R, L);
    7-8   Sd L look over R shld, rec R, in pl L/ R, L (W sd R look at ptr, rec L, in pl R/ L, R);
        Fwd R trng ½ RF, rec fwd L, fwd R/ lk Lib, fwd R (W fwd L, rec bk R, bk L/lk Rif, bk L) fcg COH;

REPEAT B start fcg COH and end fcg WALL (SEE NOTE AT END OF B)

PART D

1 – 4   UMBRELLA TURN TO R-R HANDS;-;-;-;
    1-2   Left hd star pos M fcg RLOD fwd L, rec R, bk L/ cl R, bk L (W bk R, rec L, fwd R trng ½ LF/ cl L,
        bk R);   Bk R, rec L, fwd R/ cl L, fwd R (W bk L, rec R, fwd L trng ½ RF/ cl R, bk L);
    3-4   Fwd L, rec R, bk L/ cl R, bk L (W bk R, rec L, fwd R trng ½ LF/ cl L, bk R);
        Bk R, rec L, sd R/ cl L, sd R (W bk L, rec R, fwd L trng ¼ RF/ cl R, sd L) join R-R hds;
5 – 8   MOD FLIRT TO A FAN;-; ALEMANA;-;
    1-2   Fwd L, rec R, sd L/ cl R, sd L (W rk bk R, rec L trng LF, cont trn to Varsouv pos sd R/ cl L, sd R);
        Bk R, rec L, sd R / cl L, sd R (W rk bk L, rec R remain fcg Wall slide across to her L in front of M
        Sd L/ cl R, bk L trng ¼ RF to fan pos fcg RLOD leaving R ft extended fwd w/no weight);
    3-4   Fwd L, rec R, sd L/ cl R, sd L leading W to trn RF (W cl R, fwd L, fwd R/ lk Lib of R, fwd R comm
        RF swvl to fc ptr);   Bk R, rec L, sd R/ cl L, sd R (W cont RF trn under jnd ld hds fwd L, cont RF trn
        Fwd R, sd L/ cl R, sd L) to end fcg WALL;

REPEAT A
REPEAT B (1-14)

TAG

1 – 2   NEW YORKER IN 4; RUMBA AIDA TO PRESS LINE;
    1-2 Fcg COH swvl on R & step thru L with straight leg, rec R to fc, sd L, sd R; Step thru L trng LF, sd R
       cont LF trn, bk L leave R ft fwd in press line free hds out & back to end both fcg RLOD M on outside
       of circle;