

# Letter From a Postman.

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**Choreo:** Fiona Callaghan, 6 Walker Road, Mount Waverley, VIC, 3149 Australia

Email: rosellarounds@gmail.com

**Music:** Letter from a Postman's Bag. The Very Best of Daniel O'Donnell [Rosette] CD Track 12

Available from iTunes.

**Track Length:** 2:38 at original speed.

**Footwork:** Lady Opposite, unless noted

**Level:** Phase II+1 (Fishtail)

**Difficulty:** Average

**Rhythm:** TWO STEP

**Sequence:** INTRO A B C INTER B A C END

**Speed for comfort.**

## INTRO

### 1-4 OP FCG WAIT; WAIT; APT PT; TOG TCH SCP;

In open facing partner and wall wait 2 meas;; Apt on L,-, pt R toward partner-;  
recover R,-, tch L,- blend to SEMI CLOSED;

## PART A

### 1-4 2 FWD 2 STP;; CUT BACK TWICE; DIP BACK AND REC TO FCE;

1-2 {2 Fwd 2 Steps} Fwd L, Cls R, Fwd L,-; Fwd R, Cls L, Fwd R,-;

3 {Cut Back Twice} Xlifr, Bk R, Xlifr, Bk R;

4 {Dip Bk Rec To Fce} Dip Bk L,-, Rec R,-; To CPW

### 5-8 BOX;; BK HITCH; SCISS THRU;

5-6 {Box} Sd L, Cls R, Fwd L, -; Sd R Cls L, Bk R, -;

7 {Bk Hitch} Bk L, Cls R, Fwd L,-;

8 {SCISS THRU} Sd R, Cls L, Xrif,-;

### 9-12 LACE ACROSS; FWD TWO STEP; DOUBLE HITCH;;

9-10 {Lace Across and Fwd 2 stp} Release trail Hands Fwd L pass behind W, Cls R, Fwd L,-; Fwd R, Cls L, Fwd R,-;

11-12 {Double Hitch} Fwd L, Cls R, Bk L,-; Bk R, Cls L, Fwd R,-;

### 13-16 LACE BACK; FWD TWO STEP TO FACE; BOX;;

13-14 {Lace Back and Fwd 2 Step} Release trail Hands Fwd L pass behind W, Cls R, Fwd L,-; Fwd R, Cls L, trn RF to CP Wall,-;

15-16 {Box} Sd L, Cls R, Fwd L, -; Sd R Cls L, Bk R, -; to BFLY

## PART B

### 1-4 VINE 3 TCH; WRAP; UNWRAP; CHANGE SIDES;

1-2 {Vine 3 Tch} Sd L, XRib, sd L, tch R,-; {Wrap} sd R, XLib, sd R, tch L,-; (W trn LF L,R,L,tch R) keep both hands jnd ld hnds over W's hd & M's R & W's L at waist level,-;

3-4 {UnWrap} Release ld hnds M sip L,R,L, tch R (W unwrap Rf to arms length R,L,R, tch L,-); {Change Sides} Fwd R,L,R trn RF to BFLY/COH(W fwd L,R,L undr raised M's R & W's L arms trng LF to BFLY/WALL),-;

### 5-8 VINE 3 TCH; WRAP; UNWRAP; CHANGE SIDES;

1-2 {Vine 3 Tch} Sd L, XRib, sd L, tch R,-; {Wrap} sd R, XLib, sd R, tch L,-; (W trn LF L,R,L,tch R) keep both hands jnd ld hnds over W's hd & M's R & W's L at waist level,-;

3-4 {UnWrap} Release ld hnds M sip L,R,L, tch R (W unwrap Rf to arms length R,L,R, tch L,-); {Change Sides} Fwd R,L,R trn RF to SCP/WALL (W fwd L,R,L undr raised M's R & W's L arms trng LF to SCP/COH),-;

## PART C

### 1-4 2 FWD 2 STP;; SCOOT; WLK PU;

1-2 {2 Fwd 2 Steps} Fwd L, Cls R, Fwd L,-; Fwd R, Cls L, Fwd R,-;

3-4 {Scoop} Fwd L, Cls R, Fwd L, Cls R; {Wlk PU} Fwd L,-, Small Fwd R,-; (W Fwd R,-, Fwd L stepping in front of M,-);

### 5-8 PROG SCISS;; F/TAIL; WLK FCE;

5-6 {Progressive Scissors} Sd L, cl R, XLif (W XRib),-; Sd R, cl L, XRif(W XLib),-;

7-8 {Fishtail} Beh L, sd R, fwd L, lk R,-; Fwd L,-, R,-; {Walk and Face} fwd L,-, face R,-; Last time thru walk 2 SCP

**INTER**

**1-4 ½ BOX; SCIS THRU; SCOOT; WLK FCE;**

- 1-2 {½ Box} Sd L, Cls R, Fwd L,-; Sd R, Cls L, Xrif,-;  
 3-4 {Scoot} Fwd L, Cls R, Fwd L, Cls R; {Walk and Face} fwd L,-, face R,-;

**END**

**1-4 2 FWD 2 STP;; CUT BK TWICE; DIP BK REC;**

- 1-2 {2 Fwd 2 Steps}Fwd L, Cls R, Fwd L,-; Fwd R, Cls L, Fwd R,-;  
 3 {Cut Back Twice}Xlifr, Bk R, Xlifr, Bk R;  
 4 {Dip Bk Rec} Dip Bk L,-, Rec R,-;

**5-8 FWD LK FWD X 2;; DBL HITCH;;**

- 5-6 {Fwd Lock Fwd Twice} Fwd L, Lock R bhnd, Fwd L,-; Fwd R, Lock L bhnd, Fwd R,-;  
 7-8 {Double Hitch} Fwd L, Cls R, Bk L,-; Bk R, Cls L, Fwd R,-;

**9-13 LACE X; FWD 2 STP; LACE BK; FWD 2 STP; APT PNT;**

- 9-10 {Lace Across and Fwd 2 stp} Release trail Hands Fwd L pass behind W, Cls R, Fwd L,-; Fwd R, Cls L, Fwd R,-;  
 11-12 {Lace Back and Fwd 2 Step} Release trail Hands Fwd L pass behind W, Cls R, Fwd L,-; Fwd R, Cls L, tm RF,-;  
 13 {Apart Point} Apt on L,-, pt R toward partner-;

**HEAD CUES**

**A:** 2 FWD 2 STP;; CUT BK X2; DIP BK REC TO FCE; BOX;; BK HITCH;  
 SCIS THRU; LACE X; FWD 2 STP; DBL HITCH;; LACE BK;  
 2 STP TO FCE; BOX BFLY;;

**B:** VNE 3 TCH; WRAP; UNWRAP; CHG SDS; VNE 3; WRAP; UNWRAP;  
 CHG SDS; SCP;

**C:** 2 FWD 2 STP;; SCOOT; WLK PU; PROG SCIS;; F/TAIL; WLK FCE;

**INTER:** ½ BOX; SCIS THRU; SCOOT; WLK FCE;

**B:** VNE 3 TCH; WRAP; UNWRAP; CHG SDS; VNE 3; WRAP; UNWRAP;  
 CHG SDS; SCP;

**A:** 2 FWD 2 STP;; CUT BK X2; DIP BK REC TO FCE; BOX;; BK HITCH;  
 SCIS THRU; LACE X; FWD 2 STP; DBL HITCH;; LACE BK; 2 STP TO FCE; BOX SCP;;

**C:** 2 FWD 2 STP;; SCOOT; WLK PU; PROG SCIS;; F/TAIL; WLK 2 SCP;

**END:** 2 FWD 2 STP;; CUT BK X2; DIP BK REC; FWD LK FWD X 2;; DBL HITCH;;  
 LACE X; FWD 2 STP; LACE BK; FWD 2 STP; APT PNT;