

Postmark & Parade

Song: Postmark & Parade
 Album/Artist: Best Country Music Hits Playlist Ever / Lea Stores
 Choreographer: Paul McQueen
 Date: 31st July 2026 Level: Beginner
 Parameters: Weight on L, 32 Counts, 4 Walls, Music length – 3.49

BEATS	INTRODUCTION 32 COUNTS; ANTI- CLOCKWISE DIRECTION
	V STEP, ROCK FORWARD RECOVER, COASTER STEP
1, 2	Step R diagonal forward, Step L diagonal forward (12.00)
3, 4	Step R back, Step L together
5, 6	Rock R forward, recover weight on L
7&8	Coaster: Step R back, step L besides R, step R forward
	SHUFFLE FORWARD, SHUFFLE FORWARD, ROCK RECOVER, ¼ TURN LEFT, TOUCH
1&2	Step L forward, step R together, Step L forward L-R-L (12:00)
3&4	Step R forward, step L together, Step R forward R-L-R
5, 6	Rock L forward, recover weight on R,
7, 8	Stepping back onto L making a ¼ turn left, Touch R next to L (9.00)
	SIDE SHUFFLE RIGHT, CROSS ROCK RECOVER, STEP TO LEFT, TOUCH R, STEP RIGHT, CLOSE L
1&2	Side Shuffle to the right stepping R-L-R (9:00)
3, 4	Cross rock L over R, recover weight on R
5, 6	Step L to left, Touch R next to L,
7, 8	Step R to right side, Close L next to R with weight on L (9:00)
	CROSS SAMBA, CROSS SAMBA, ROCKING CHAIR
1&2	Cross R over L, rock L to left side, recover weight on R (9:00)
3&4	Cross L over R, rock R to right side, recover weight on L (9:00)
5, 6	Rocking Chair: Step R forward, Rock back onto L
7, 8	Rock R back, Rock forward onto L (9.00)
32	REPEAT THE DANCE IN A NEW DIRECTION
Ending	The tempo changes towards the end, continue dancing thru pause & turn back to the front
Tag 1	At the end of wall 1 add the following Tag: a quick Stomp R foot, Stomp L foot (1, 2)
Tag 2	On wall 3 dance to count 16 then add the following Tag:
1, 2	A quick step R to right, kick L across R
3, 4	Step L to left side, kick R across L then Restart
Restart	On wall 9 dance to count 16 then restart
	Contact: Paul McQueen
	Date: 30 th July 2026
	Mobile: 61 438 639 150 Email: Paulwilliammcqueen@Gmail.Com
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