

# PMS Express!

**COPPER** KNOB  
STEPSHEETS

拍數: 128      牆數: 1      級數: Improver contra dance  
編舞者: Knox Rhine (USA)  
音樂: Honey, I'm Home - Shania Twain



To dance it contra, start with lines 1, 3, 5, etc.. facing forward, dancing count 1 of the dance when the song begins. Lines 2, 4, 6, etc.. facing back of hall, dancing count 65 of the dance when the song begins. Dance in the slots.

## POINTS: RIGHT, LEFT, RIGHT, HOLD

- 1                    Point right toe to right side
- &                    Place right foot next to left foot
- 2                    Point left toes to left side
- &                    Place left foot next to right foot
- 3-4                  Point right toe to right side. Hold

## COASTER: BACK, TOGETHER, FORWARD, HOLD

- 5                    Step back with right foot
- 6                    Step together with left foot next to right foot
- 7-8                  Step forward with right foot. Hold

## POINTS: LEFT, RIGHT, LEFT, HOLD

- 9                    Point left toes to left side
- &                    Place left foot next to right foot
- 10                   Point right toe to right side
- &                    Place right foot next to left foot
- 11-12               Point left toes to left side. Hold

## COASTER: BACK, TOGETHER FORWARD, HOLD

- 13                   Step back with left foot
- 14                   Step together with right foot next to left foot
- 15-16               Step forward with left foot. Hold

## VINE: RIGHT, BEHIND RIGHT, HEEL POP

- 17                   Step to right side with right foot
- 18                   Step across behind right leg with left foot
- 19                   Step to right side with right foot.
- 20                   Stomp (up) with left heel

## VINE ¼ TURN: LEFT, BEHIND, ¼ TURN, HEEL POP

- 21                   Rock to left side onto left foot
- 22                   Step across behind left leg with right foot
- 23                   Step ¼ turn left with left foot.
- 24                   Stomp (up) with right heel

## VINE: RIGHT, BEHIND RIGHT, HEEL POP

- 25                   Step to right side with right foot
- 26                   Step across behind right leg with left foot
- 27                   Step to right side with right foot.
- 28                   Stomp (up) with left heel

## VINE ¼ TURN: LEFT, BEHIND, ¼ TURN, HEEL POP

- 29 Rock to left side onto left foot
- 30 Step across behind left leg with right foot
- 31 Step ¼ turn left with left foot.
- 32 Stomp (up) with right heel

#### **SHUFFLE, SCUFF, HOLD**

- 33 Step forward with right foot
- & Step left foot next to right foot
- 34 Step forward with right foot
- 35 Scuff left heel forward lift left knee up
- 36 Hold

#### **SHUFFLE, SCUFF, HOLD**

- 37 Step forward with left foot
- & Step right foot next to left foot
- 38 Step forward with left foot
- 39 Scuff right heel forward lift right knee up
- 40 Hold

#### **SHUFFLE, SCUFF, HOLD**

- 41 Step forward with right foot
- & Step left foot next to right foot
- 42 Step forward with right foot
- 43 Scuff left heel forward lift left knee up
- 44 Hold

#### **SHUFFLE, SCUFF, HOLD**

- 45 Step forward with left foot
- & Step right foot next to left foot
- 46 Step forward with left foot
- 47 Scuff right heel forward lift right knee up
- 48 Hold

#### **BACK, BACK, POINT, HOLD**

- 49 Step back with right foot
- 50 Step back with left foot
- 51 Point right toes to right side, look right and touch hat brim with right hand
- 52 Hold

#### **BACK, BACK, POINT, HOLD**

- 53 Step back with right foot
- 54 Step back with left foot
- 55 Point right toes to right side, look right and touch hat brim with right hand
- 56 Hold

#### **BACK, BACK, POINT, HOLD**

- 57 Step back with right foot
- 58 Step back with left foot
- 59 Point right toes to right side, look right and touch hat brim with right hand
- 60 Hold

#### **BACK, BACK, POINT, HOLD**

- 61 Step back with right foot
- 62 Step back with left foot

- 63 Point right toes to right side, look right and touch hat brim with right hand  
64 Hold  
& Place right foot next to left foot

**POINTS: LEFT, RIGHT, LEFT, HOLD**

- 65 Point left toes to left side  
& Place left foot next to right foot  
66 Point right toe to right side  
& Place right foot next to left foot  
67-68 Point left toes to left side. Hold

**COASTER: BACK, TOGETHER, FORWARD, HOLD**

- 69 Step back with left foot  
70 Step together with right foot next to left foot  
71-72 Step forward with left foot. Hold

**POINTS: RIGHT, LEFT, RIGHT**

- 73 Point right toe to right side  
& Place right foot next to left foot  
74 Point left toes to left side  
& Place left foot next to right foot  
75-76 Point right toes to right side. Hold

**COASTER: BACK, TOGETHER, FORWARD, HOLD**

- 77 Step back with right foot  
78 Step together with left foot next to right foot  
79-80 Step forward with right foot. Hold

**VINE: LEFT, BEHIND, LEFT, HEEL POP**

- 81 Step to left side with left foot  
82 Step across behind left leg with right foot  
83 Step to left side with left foot.  
84 Stomp (up) with right heel

**VINE ¼ TURN: RIGHT. BEHIND, ¼ TURN, HEEL POP**

- 85 Rock to right side onto right foot  
86 Step across behind right leg with left foot  
87 Step ¼ turn right with right foot.  
88 Stomp (up) with left heel

**VINE: LEFT, BEHIND, LEFT, HEEL POP**

- 89 Step to left side with left foot  
90 Step across behind left leg with right foot  
91 Step to left side with left foot.  
92 Stomp (up) with right heel

**VINE ¼ TURN: RIGHT. BEHIND, ¼ TURN, HEEL POP**

- 93 Rock to right side onto right foot  
94 Step across behind right leg with left foot  
95 Step ¼ turn right with right foot.  
96 Stomp (up) with left heel

**SHUFFLE, SCUFF, HOLD**

- 97 Step forward with left foot

& Step right foot next to left foot  
98 Step forward with left foot  
99 Scuff right heel forward lift right knee up  
100 Hold

#### **SHUFFLE, SCUFF, HOLD**

101 Step forward with right foot  
& Step left foot next to right foot  
102 Step forward with right foot  
103 Scuff left heel forward lifting left knee up  
104 Hold

#### **SHUFFLE, SCUFF, HOLD**

105 Step forward with left foot  
& Step right foot next to left foot  
106 Step forward with left foot  
107 Scuff right heel forward lift right knee up  
108 Hold

#### **SHUFFLE, SCUFF, HOLD**

109 Step forward with right foot  
& Step left foot next to right foot  
110 Step forward with right foot  
111 Scuff left heel forward lift left knee up  
112 Hold

#### **BACK, BACK, POINT, HOLD**

113 Step back with left foot  
114 Step back with right foot  
115 Point left toes to left side, look left and touch hat brim with left hand  
116 Hold

#### **BACK, BACK, POINT, HOLD**

117 Step back with left foot  
118 Step back with right foot  
119 Point left toes to left side, look left and touch hat brim with left hand  
120 Hold

#### **BACK, BACK, POINT, HOLD**

121 Step back with left foot  
122 Step back with right foot  
123 Point left toes to left side, look left and touch hat brim with left hand  
124 Hold

#### **BACK, BACK, POINT, HOLD**

125 Step back with left foot  
126 Step back with right foot  
127 Point left toes to left side, look left and touch hat brim with left hand  
128 Hold  
& Place left foot next to right foot

#### **REPEAT**

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