# PMS Express!



Count: 128 Wand: 1 Ebene: Improver contra dance

Choreograf/in: Knox Rhine (USA)

Musik: 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

Point right toe to right side
Place right foot next to left foot
Point left toes to left side
Place left foot next to right foot
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 1/4 TURN: LEFT, BEHIND, 1/4 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 1/4 TURN: LEFT, BEHIND, 1/4 TURN, HEEL POP

29	Rock to left side onto left foot
30	Step across behind left leg with right foot
31	Step 1/4 turn left with left foot.
32	Stomp (up) with right heel

### SHUFFLE, SCUFF, HOLD

Step forward with right foot
Step left foot next to right foot
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 foot50 Step back with left foot

Point right toes to right side, look right and touch hat brim with right hand

52 Hold

#### BACK, BACK, POINT, HOLD

Step back with right footStep back with left foot

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

Step back with right foot 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

Step to left side with left foot

82 Step across behind left leg with right foot

Step to left side with left foot.

Stomp (up) with right heel

VINE 1/4 TURN: RIGHT. BEHIND, 1/4 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 1/4 TURN: RIGHT. BEHIND, 1/4 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 foot98 Step forward with left foot

99 Scuff right heel forward lift right knee up

100 Hold

## SHUFFLE, SCUFF, HOLD

Step forward with right foot
Step left foot next to right foot
Step forward with right foot

103 Scuff left heel forward lifting left knee up

104 Hold

#### SHUFFLE, SCUFF, HOLD

Step forward with left foot
Step right foot next to left foot
Step forward with left foot

107 Scuff right heel forward lift right knee up

108 Hold

#### SHUFFLE, SCUFF, HOLD

Step forward with right foot
Step left foot next to right foot
Step forward with right foot

111 Scuff left heel forward lift left knee up

112 Hold

### BACK, BACK, POINT, HOLD

Step back with left footStep back with right foot

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

Step back with left footStep 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

Step back with left footStep back with right foot

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**