

# PMS Express!

COPPERKNOB  
STEPPERS

拍数: 128      墙数: 1      级数: Improver contra dance  
编舞者: Knox Rhine (USA)  
音乐: 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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