

PMS Express!

COPPER **KNOB**
BY STEPHEN

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
