

# PMS EXPRESS!

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**Count:** 128      **Wall:** 1      **Level:** beginner/intermediate contra dance

**Choreographer:** Knox Rhine

**Music:** Honey, I'm Home by 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**