

Miss You 2

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Advanced
编舞者: Niels Poulsen (DK) - March 2008
音乐: Miss You - The Rolling Stones



Note: Explanation to '401'... I actually choreographed this dance in a small hotel room, no. 401, of the SAS Radisson Hotel in Copenhagen!!!

Intro: 16 counts from first beat, 10 seconds into track

(1 – 8) Step out R L, hold, ball cross X 2, ¼ R, hitch ¼ point R X 2

1, 2, 3 Step R diagonally fw rolling R knee out, step L diagonally fw rolling L knee out, Hold 12:00
&4& Step R back towards centre, cross L over R, step R small step to R side 12:00
5 – 6 Cross L over R, turn ¼ R stepping fw R 3:00
&7&8 Hitch L, turn ¼ R on R foot pointing L sharply into floor, repeat &7 9:00

(9 – 16) Walk L R, hold, ¼ R side ball cross point, hitch L, slow L knee move to R, cross, ¼ L

1, 2, 3 Walk fw L, walk fw R, Hold (gradually leaning fw to prepare for your ¼ R) 9:00
&4& Turn ¼ R stepping L small step to L side, cross R over L, point L sharply to L side 12:00
5 – 6 Hitch L knee, move L knee slowly to R side 12:00
7 – 8 Cross L over R, turn ¼ L stepping back on R 9:00

(17 – 24) ¼ L, walk R, hold, mambo ½ L, fw R, lunge L side, recover kick L with ¼ L, walk fw L

1, 2, 3 Turn ¼ L stepping fw on L, walk fw R, Hold 6:00
&4& Rock fw L, recover weight back to R, make ½ turn L stepping fw on L 12:00
5 – 6 Step fw R, lunge L to L side 12:00
7 – 8 Recover back to R foot turning ¼ L on R and kicking L fw towards 9:00, walk fw L 9:00

(25 – 32) Walk fw R L, hold, 1½ turn R, slow ¼ R, recover R, cross L over R

1, 2, 3 Walk fw on R, walk fw on L, Hold (but turn upper body slightly to L to prepare for your turn over R shoulder) 9:00
&4& Make quick ½ turn R stepping onto R, turn ½ R stepping back on L, turn ½ R stepping fw on R. Non-turny option: rather than doing 1½ turn just make ½ turn and walk fw L R 3:00
5 – 6 Step fw on L, rise on L foot turning ¼ R (weight is still on L) 6:00
7 – 8 Step onto R, cross L over R 6:00

(33 – 40) Point R to R, slow body roll into ¼ L sit position, chest pops, back R with L hitch, back L, R coaster step

1, 2, 3 Point R to R side, start your body roll rolling from head through to your upper body and into stomach area, sink into your R hip into a sit position with L knee popped forward and L heel lifted off the floor (weight R). Note: on counts 2-3 you gradually turn ¼ L 3:00
&4& Pop chest fw leaning onto ball of L foot, pull chest backwards (weight R), pop chest fw leaning onto ball of L foot 3:00
5 – 6 Pull chest backwards pushing off L foot back onto R hitching L knee, walk back L (chest returns to neutral) 3:00
7&8 Step back on R, bring L next to R, step fw on R 3:00

(41 – 48) Ball step fw R, out L, hold, pop R knee RLR, pop L knee L, hold, jump rock diagonally fw, jump recover

&1, 2, 3 Step fw L, step R fw, step L slightly fw and small step out to L side (weight L), Hold 3:00
&4& Pop R knee out to R side lifting R heel, return R knee to neutral, pop R knee out again 3:00

- 5 – 6 (5) Return R knee to neutral (weight R) popping L knee fw to L diagonal lifting L heel (make your pop very sharp) and turning whole body to face L diagonal, (6) Hold 1:30
- 7 – 8 Jump rock fw on L pushing upper body fw and shoulders back, jump recover back on R pushing upper body back and shoulders fw 1:30

(41 – 48) Arm and head movements... (NOTE: do together with previous 8 counts!)

- 1, 2, &3 (1) Bring R arm in front of chest, bent at elbow and R hand fisted with knuckles pointing up, (2) bring L lower arm under R lower arm, bent at elbow and with L hand fisted, (&) separate both arms raising R lower arm and lowering L lower arm, (3) bring both lower arms back to touch each other (like they were on count 2...) 3:00
- &4& (&) R lower arm goes up with R fist pointing up while L fist touches inside of R elbow (R hand still fisted), (4) R lower arm returns back on top of L lower arm, (&) repeat count & from before. Head movements...: (&) Look diagonally R, (4) neutral, (&) look diagonally R - (basically just look at your R arm moving!) 3:00
- 5 – 6 (5) Left lower arm goes up (L hand still fisted) as R arm goes down to neutral position but with R fist touching the inside of your L elbow, (6) Hold arm positions. Head movements... (5) look diagonally L (towards 1:30), (6) hold head position 1:30
- 7 – 8 (7) Both arms go down pulling backwards (hands still fisted), (8) both arms push fw (hands still fisted) 1:30

(49 – 56) Recover L with R flick, walk fw R, hold (slide!), syncopated jazz with 3/8 L, ¼ L side step R, L behind, ¼ R X 2

- 1, 2, 3 Pull arms backwards as you jump onto L flicking R foot backwards, walk fw R (arms go down to neutral), Hold (but start to slide L fw to prepare for the jazz box turn) 1:30
- &4& Cross L over R, turn 1/8 L stepping back on R, turn ¼ L stepping fw on L 9:00
- 5 – 6 Turn ¼ L stepping R to R side, cross L behind R 6:00
- 7 – 8 Turn ¼ R stepping fw on R, turn ¼ R stepping back on L 12:00

(57 – 64) ¼ R, ½ R, hold, ½ R, L rock & kick R, back R, rock back L, recover, & fw L

- 1, 2, 3 Turn ¼ R stepping fw on R, turn ½ turn R stepping back on L, Hold 9:00
- &4& Turn ½ R stepping fw on R, rock fw on L, recover R 3:00
- 5 – 6 Step back on L kicking R fw, step back on R 3:00
- 7 – 8& Rock back on L, recover R, step fw L 3:00

Begin Again!... and Hit Those Beats!!!

Ending:

When music starts to fade out at 3.22 mins you've just started doing counts 25-32.

Do the following: do counts 1-5, but rather than turning ¼ R on count 6 you turn ½ turn R, walk fw R, L, R on counts 7, 8, 1 to hit the strong beats! You now end facing 12:00
