

Miss You 2 (aka '401'...)

Choreographer: Niels B. Poulsen (Denmark)

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Release venue/date: Sunday-Out (BigDave, UK), March 9, 2008



Type of dance: 64 counts. 4 walls. West coast funky...
 Level: Advanced
 Music: 'Miss You' by The Rolling Stones (Dr. Dre Remix 2002). Album: 'Austin Powers In Goldmember' - Soundtrack. Buy on: www.amazon.co.uk.
 Intro: 16 counts from first beat, 10 seconds into track
 YouTube video: <http://www.youtube.com/watch?v=-t8nZW0-VGc>
 Note: Explanation to '401'... I actually choreographed this dance in a small hotel room, no. 401, of the SAS Radisson Hotel in Copenhagen!!!

Counts	Moves...	End facing
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. <i>Non-turny option: rather than doing 1½ turn just make ½ turn and walk fw L R</i>	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). <i>Note: on counts 2-3 you gradually turn ¼ L</i>	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	<i>Arm and head movements... (NOTE: do together with previous 8 counts!)</i>	
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 <u>&</u> from before. <i>Head movements...: (&) Look diagonally R, (4) neutral, (&) look diagonally R - (basically just look at your R arm moving!)</i>	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. <i>Head movements... (5) look diagonally L (towards 1:30), (6) hold head position</i>	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
	<i>Begin Again!... and Hit Those Beats!!!</i>	
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	12:00