

# Mi Rowsu

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** DJ Alex (NL), Pim van Grootel (NL), Daniel Trepot (NL), Roy Verdonk (NL), José Miguel Belloque Vane (NL) & Raymond Sarlemijn (NL) - August 2009

**Music:** Mi Rowsu - Damaru & Jan Smit



**Intro: 32 counts**

## **Walks Fwd, Rockstep, Step, Step, ¼ Turn Right, Cross**

- 1 RF Small step fwd
- & LF Small step fwd
- 2 RF Small step fwd
- 3 LF Small step fwd
- & RF Small step fwd
- 4 LF Small step fwd
- 5 RF Rock fwd
- & LF Recover weight on LF
- 6 RF Step back
- 7 LF Step back
- & RF ¼ turn right, stepping to right side
- 8 LF Cross over RF

## **Side Rock, Cross, ½ Turn Right, Cross, Side, Together, Fwd, Side, Together, Fwd.**

- 1 RF Rock to right side
- & LF Recover weight on LF
- 2 RF Cross over LF
- 3 LF ¼ turn right, stepping back
- & RF ¼ turn right, stepping to right side
- 4 LF Cross over RF
- 5 RF Step to right side
- & LF Step together
- 6 RF Step fwd
- 7 LF Step to left side
- & RF Step together
- 8 LF Step fwd

## **Paddle ½ Turn Left, Shuffle Fwd, Paddle ½ Turn Right, Hiproll**

- & RF ¼ turn left, lift R.knee
- 1 RF Touch to right side
- & RF ¼ turn left, lift R.knee
- 2 RF Touch to right side
- 3 RF Step fwd
- & LF Step together
- 4 RF Step fwd
- & LF ¼ turn right, lift L.knee
- 5 LF Touch to left side
- & LF ¼ turn right, lift L.knee
- 6 LF Touch to left side
- & LF Step together
- 7 Roll hips counter clockwise, hold hands together above your head
- 8 Roll hips counter clockwise, hold hands together above your head

**Side, Together, Side, Heel, Side, Together, Side, Heel, Side, Touch, ¼ Turn Left, Touch, ¼ Turn Left, Touch, Side, Touch**

- 1 RF Step to right side
- & LF Step together
- 2 RF Step to right side
- & LF Heel diagonally left fwd
- 3 LF Step to left side
- & RF Step together
- 4 LF Step to left side
- & RF Heel diagonally right fwd
- 5 RF Step to right side
- & LF Touch next to RF
- 6 LF ¼ turn left, stepping to left side
- & RF Touch next to LF
- 7 RF ¼ turn left, stepping to right side
- & LF Touch next to RF
- 8 LF Step to left side
- & RF Touch next to LF

**TAG: AFTER the 6th wall add the next 2 counts**

- 1 Roll hips counter clockwise, hold hands together above your head
  - 2 Roll hips counter clockwise, hold hands together above your head
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