

Mi Rowsu (□□□□)

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: DJ Alex, Pim van Grootel, Daniel Trepas , Roy Verdonk , Jose Miguel Belloque Vane, Raymond Sarlemijn (Aug 09)

Music: Mi Rowsu by Damaru & Jan Smit

□□ **Intro: 32**

counts 32□□□

□□□

Walks Fwd, Rockstep, Step,

Step, ¼ Turn Right, Cross

□□□ , □□□□ , □ , □ , □ **1/4**, □□

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 1/4 turn right, stepping to right side  **90** 

8

LF Cross over RF

□□□□□□□□

□□□

Side Rock, Cross, 1/2 Turn

Right, Cross, Side, Together, Fwd, Side, Together, Fwd.

□□□ , □□ , □ 1/2, □□ , □ , □ , □ , □ , □ , □

1

RF Rock to right side

□□□□□

&

LF Recover weight on LF □□□□□□□□

2

RF Cross over LF

□□□□□□□□

3

LF 1/4 turn right, stepping back □□ 90□□□□□

&

RF 1/4 turn right, stepping to right side □□ 90□□□□□

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 1/2 Turn Left,

Shuffle Fwd, Paddle 1/2 Turn Right, Hiproll

□ 1/2□□□ , □□□ , □ 1/2□□□ , □□

&

RF 1/4 turn left, lift R.knee □□ 90□□□□

1

RF Touch to right side

□□□□

&

RF ¼ turn left, lift R.knee □□ **90**□□□□

2

RF Touch to right side

□□□

3

RF Step fwd □□□□

&

LF Step together

□□□□

4

RF Step fwd □□□□

&

LF ¼ turn right, lift L.knee □□ **90**□□□□

5

LF Touch to left side

□□□□

&

LF ¼ turn right, lift L.knee □□ **90**□□□□

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, 1/4 Turn Left, Touch, 1/4 Turn

Left, Touch, Side, Touch

□ , □ , □ , □ , □ , □ , □ , □ , □ , □ , □ , □ 1/4, □ , □ 1/4, □ , □ , □

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 □□ 90□□□□

&

RF Touch next to LF

□□□□

7

RF ¼ turn left, stepping to right side □□ 90□□□□

&

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

□□□□□□ 2□□

1

Roll hips counter clockwise, hold hands together above

your head

□□□□ , □□□□□□

2

Roll hips counter clockwise, hold hands together above

your head

□□□□ , □□□□□□

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=10558