

MI ROWSU

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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

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