

MI ROWSU

Count: 32

Wall: 4

Level: Beginner

Choreographer: DJ Alex, Pim van Grootel, Daniel Trepát, 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

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|---|---|
| 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

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|---|-----------------------------|
| & | 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