



## MI ROWSU

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

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

Descriptions: 32 count - 4 wall - Beginner level line dance

**Intro:** 32 counts

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

1 & 2 RF Small step fwd, LF Small step fwd, RF Small step fwd

3 & 4 LF Small step fwd, RF Small step fwd, LF Small step fwd

5 & 6 RF Rock fwd, LF Recover weight on LF, RF Step back

7 & 8 LF Step back, RF ¼ turn right, stepping to right side, LF Cross over RF

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

1 & 2 RF Rock to right side, LF Recover weight on LF, RF Cross over LF

3 & 4 LF ¼ turn right, stepping back, RF ¼ turn right, stepping to right side, LF Cross over RF

5 & 6 RF Step to right side, LF Step together, RF Step fwd

7 & 8 LF Step to left side, RF Step together, LF Step fwd

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

& 1 & 2 RF ¼ turn left, lift R.knee, RF Touch to right side, RF ¼ turn left, lift R.knee, RF Touch to right side

3 & 4 RF Step fwd, LF Step together, RF Step fwd

& 5 & 6 LF ¼ turn right, lift L.knee, LF Touch to left side, LF ¼ turn right, lift L.knee, 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 & 2 & RF Step to right side, LF Step together, RF Step to right side, LF Heel diagonally left fwd

3 & 4 & LF Step to left side, RF Step together, 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

### **repeat**

**TAG:** AFTER the 6th wall add the next 2 counts (6:00)

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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