

Mi Rowsu

Choreographer: DJ Alex, Pim van Grootel, Daniel Trepas, Roy Verdonk
Jose Miguel Belloque Vane, Raymond Sarlemijn (Aug. 2009)
Level: Newcomer
Type: 4 wall line dance
Counts: 32 + Tag 2 counts
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*

Enjoy the dance and have fun