

# 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

15050

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## [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
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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

[http://www.youtube.com/  
watch?v=AtVXZ-1q\\_n4&feature=related](http://www.youtube.com/watch?v=AtVXZ-1q_n4&feature=related)