

# MI ROWSU

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**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** DJ Alex, Pim van Grootel, Daniel Trepate, Roy Verdonk, Jose Miguel Belloque  
Vane, Raymond Sarlemijn (Aug 09)

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

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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  
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