

Mi Rowsu

Choreographed by DJ Alex, Pim van Grootel, Daniel Trepát, Roy Verdonk, Jose Miguel Belloque-Vane & Raymond Sarlemijn

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: Tuintje In Mijn Hart (Mi Rowsu) by Damaru Feat Jan Smit

Intro: 32 counts

WALKS FORWARD, ROCK STEP, STEP, STEP, TURN ¼ RIGHT, CROSS

1&2 Small step right forward, small step left forward, small step right forward

3&4 Small step left forward, small step right forward, small step left forward

5&6 Rock right forward, recover to left, step right back

7&8 Step left back, turn ¼ right and step right to side, cross left over right

SIDE ROCK, CROSS, TURN ½ RIGHT, CROSS, SIDE, TOGETHER, FORWARD, SIDE, TOGETHER, FORWARD

1&2 Rock right to side, recover to left, cross right over left

3&4 Turn ¼ right and step left back, turn ¼ right and step right to side, cross left over right

5&6 Step right to side, step left together, step right forward

7&8 Step left to side, step right together, step left forward

PADDLE TURN ½ LEFT, SHUFFLE FORWARD, PADDLE TURN ½ RIGHT, HIP ROLL

&1&2 Turn ¼ left and lift right knee, touch right to side, turn ¼ left and lift right knee, touch right to side

3&4 Chassé forward right, left, right

&5&6 Turn ¼ right and lift left knee, touch left to side, turn ¼ right and lift left knee, touch left to side

&7-8 Step left together, roll hips around to the left (hold hands together above your head), roll hips around to the left (hold hands together above your head)

SIDE, TOGETHER, SIDE, HEEL, SIDE, TOGETHER, SIDE, HEEL, SIDE, TOUCH, TURN ¼ LEFT, TOUCH, TURN ¼ LEFT, TOUCH, SIDE, TOUCH

1&2 Chassé side right, left, right

&3 Left heel diagonally left forward, step left to side

&4 Step right together, step left to side

&5 Right heel diagonally right forward, step right to side

&6 Touch left together, turn ¼ left and step left to side

&7 Touch right together, turn ¼ left and step right to side

&8& Touch left together, step left to side, touch right together

REPEAT

TAG

After the 6th wall add the next 2 counts

1-2 Roll hips around to the left (hold hands together above your head), roll hips around to the left (hold hands together above your head)