



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Mi Rowsu

32 Count, 4 Wall, Beginner, Mambo

Choreographer: Dj. Alex Boone, Daniel Trepas, Pim van Grootel, Roy Verdonk, Jose Miquel Belloque Vane (NL)
August 09

Choreographed to: Mi Rowsu by Jan Smit and Damaru

32 count intro

Walk R, L, R,L, R,L, Mambo R, Step back, ¼ Turn R, Cross Step

1 RF Step forward
& LF Step forward
2 RF Step forward
3 LF Step forward
& RF Step forward
4 LF Step forward
5 RF Rock forward
& LF Recover weight
6 RF Step back
7 LF Step back
& RF ¼ Turn right stepping to right
8 LF Cross over RF

Mambo Cross R, ½ Turn R, Cross Step, Rumba box forward 2x

1 RF Rock to right
& LF Recover weight
2 RF Cross over LF
3 LF ¼ Turn right stepping back
& RF ¼ Turn right stepping to right
4 LF Cross over RF
5 RF Step to right
& LF Step next RF
6 RF Step forward
7 LF Step to left
& RF Step next LF
8 LF Step forward

Peddle ¼ Turn L 2x, Shuffle R, Peddle ¼ Turn R 2x, Hip rolls 2x.

1 RF Touch forward
& LF ¼ Turn left
2 RF Touch forward
& LF ¼ Turn left
3 RF Step forward
& LF Step next RF
4 RF Step forward
5 LF Touch forward
& RF ¼ Turn right
6 LF Touch forward
& RF ¼ Turn right
7 LF Step next RF and Roll hips from right to left
8 Roll hips from right to left ending weight onto LF

Side, Together, Side, Touch, 2x, Step, Touch, ¼ Turn L, Touch, Step, Touch, ¼ Turn L, Touch

1 RF Step to right
& LF Step next RF
2 RF Step to right
& LF Touch next RF
3 LF Step to left
& RF Step next LF
4 LF Step to left
& RF Touch next LF
5 RF Step to right
& LF Touch next RF
6 LF ¼ Turn left stepping forward
& RF Touch next LF
7 RF Step to right
& LF Touch next RF
8 LF ¼ Turn left stepping forward
& RF Touch next LF

Tag: After wall 6, doing the following steps:

- 1 Roll hips from right to left
- 2 Roll hips from right to left

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678