



Approved by:



Mi Rowsu

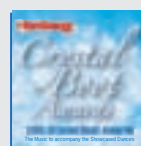
4 WALL - 32 COUNT - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 3 & 4 5 & 6 7 & 8	Walks Forward, Forward Rock, Step Back x 2, 1/4 Turn, Cross Step forward (small steps) - right, left, right. Step forward (small steps) - left, right, left. Rock forward on right. Recover onto left. Step right back. Step left back. Make 1/4 turn right stepping right to side. Cross left over right.	Right Left Right Left Right Left Rock & Step Back Turn Cross	Forward Back Turning right
Section 2 1 & 2 3 & 4 5 & 6 7 & 8	Side Rock, Cross, 1/2 Turn, Cross, Side Together Step x 2 Rock right to right side. Recover onto left. Cross right over left. Make 1/4 turn right stepping left back. Make 1/4 turn right stepping right to side. Cross left over right. Step right to right side. Step left beside right. Step right forward. Step left to left side. Step right beside left. Step left forward.	Side Rock Cross Turn Turn Cross Side Together Step Side Together Step	Forward Turning right Forward
Section 3 & 1 & 2 3 & 4 & 5 & 6 & 7 - 8 Styling	Paddle 1/2 Turn, Forward Shuffle, Paddle 1/2 Turn, Hip Roll x 2 (Weight on left) Make 1/4 turn left, hitching right knee. Touch right to side. (Weight on left) Make 1/4 turn left, hitching right knee. Touch right to side. Step right forward. Close left beside right. Step right forward. (Weight on right) Make 1/4 turn right, hitching left knee. Touch left to side. (Weight on right) Make 1/4 turn right, hitching left knee. Touch left to side. Step left beside right. Roll hips counter clockwise twice. While doing hip rolls hold hands together above your head.	Paddle Turn Paddle Turn Right Shuffle Paddle Turn Paddle Turn & Hip Rolls	Turning left Forward Turning right On the spot
Section 4 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 &	Side Together Side Heel x 2, Side, Touch, 1/4 Turn Touch x 2, Side Touch Step right to right side. Step left beside right. Step right to right side. Touch left heel diagonally forward left. Step left to left side. Step right beside left. Step left to left side. Touch right heel diagonally forward right. Step right to right side. Touch left beside right. Make 1/4 turn left, stepping left to left side. Touch right beside left. Make 1/4 turn left, stepping right to right side. Touch left beside right. Step left to left side. Touch right beside left.	Side Together Side Heel Side Together Side Heel Side Touch Turn Touch Turn Touch Side Touch	Right Left Right Turning left Left
Tag 1 - 2	End of Wall 6: 2 Hip Rolls Roll hips counter clockwise twice, holding hands together above your head.	Hip Rolls	On the spot

Choreographed by: DJ Alex, Pim van Grootel, Daniel Trepas, Roy Verdonk, Jose Miguel Belloque Vane, Raymond Sarlemijn August 2009

Choreographed to: 'Mi Rowsu' by Damaru & Jan Smit (32 count intro)

Tag: A 2-count Tag is danced at the end of Wall 6



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