

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

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

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

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

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