Mi Rowsu (心中花園) (zh)

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: DJ Alex (NL), Pim van Grootel (NL), Daniel Trepat (NL), Roy Verdonk (NL), José Miguel Belloque Vane (NL) & Raymond Sarlemijn (NL) - 2009年08月

Music: Mi Rowsu - Damaru & Jan Smit

前奏： Intro: 32 counts 32拍起跳

第一段 Walks Fwd, Rockstep, Step, Step, ¼ Turn Right, Cross
前走步, 下沉回復, 踏, 踏, 右1/4, 交叉

1	RF Small step fwd 右足前踏
&	LF Small step fwd 左足前踏
2	RF Small step fwd 右足前踏
3	LF Small step fwd 左足前踏
&	RF Small step fwd 右足前踏
4	LF Small step fwd 左足前踏
5	RF Rock fwd 右足前下沉
&	LF Recover weight on LF 左足回復重心在左足
6	RF Step back 右足後踏
7	LF Step back 左足後踏
&	RF ¼ turn right, stepping to right side 右轉90度右足右踏
8	LF Cross over RF 左足於右足前交叉踏

第二段 Side Rock, Cross, ½ Turn Right, Cross, Side, Together, Fwd, Side, Together, Fwd.
側下沉, 交叉, 右1/2, 交叉, 側, 併, 前, 側, 併, 踏

1	RF Rock to right side 右足右下沉
&	LF Recover weight on LF 左足回復重心在左足
2	RF Cross over LF 右足於左足前交叉踏
3	LF ¼ turn right, stepping back 右轉90度左足後踏
&	RF ¼ turn right, stepping to right side 右轉90度右足右踏
4	LF Cross over RF 左足於右足前交叉踏
5	RF Step to right side 右足右踏
&	LF Step together 左足併踏
6	RF Step fwd 右足前踏
7	LF Step to left side 左足左踏
&	RF Step together 右足併踏
8	LF Step fwd 左足前踏

第三段 Paddle ½ Turn Left, Shuffle Fwd, Paddle ½ Turn Right, Hiproll
左1/2划槳步, 前交換, 右1/2划槳步, 轉臀

&	RF ¼ turn left, lift R.knee 左轉90度右膝抬
1	RF Touch to right side 右足右點
&	RF ¼ turn left, lift R.knee 左轉90度右膝抬
2	RF Touch to right side 右足點
3	RF Step fwd 右足前踏
&	LF Step together 左足併踏
4	RF Step fwd 右足前踏

& LF ¼ turn right, lift L.knee 右轉90度左膝抬

5 LF Touch to left side 左足左點

& LF ¼ turn right, lift L.knee 右轉90度左膝抬

6 LF Touch to left side 左足左點

& LF Step together 左足併踏

7 Roll hips counter clockwise, hold hands together above your head
順時針轉臀, 雙手合併放在頭上

8 Roll hips counter clockwise, hold hands together above your head
順時針轉臀, 雙手合併放在頭上

第四段 Side, Together, Side, Heel, Side, Together, Side, Heel, Side, Touch, ¼ Turn Left, Touch, ¼ Turn Left, Touch, Side, Touch
側, 併, 側, 踵, 側, 併, 側, 踵, 側, 點, 左1/4, 點, 左1/4, 點, 側, 點

1 RF Step to right side 右足右踏

& LF Step together 左足併踏

2 RF Step to right side 右足右踏

& LF Heel diagonally left fwd 左足踵斜前點

3 LF Step to left side 左足左踏

& RF Step together 右足併踏

4 LF Step to left side 左足左踏

& RF Heel diagonally right fwd 右足踵斜前點

5 RF Step to right side 右足右踏

& LF Touch next to RF 左足併點

6 LF ¼ turn left, stepping to left side 左轉90度左足左踏

& RF Touch next to LF 右足併點

7 RF ¼ turn left, stepping to right side 左轉90度右足右踏

& LF Touch next to RF 左足併點

8 LF Step to left side 左足左踏

& RF Touch next to LF 右足併點

TAG: AFTER the 6th wall add the next 2 counts
加拍：第六面牆加2拍轉臀

1 Roll hips counter clockwise, hold hands together above your head
順時針轉臀, 雙手合併放在頭上

2 Roll hips counter clockwise, hold hands together above your head
順時針轉臀, 雙手合併放在頭上