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| Mi Rowsu (心中花園) (zh) |  |

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| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Beginner | . |
| **编舞者:** | 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 |
| **音乐:** | Mi Rowsu - Damaru & Jan Smit |
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**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**