

Inner Ninja

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate - Hip Hop

Choreographer: Michele Perron , DANCE Expressions (Nov 2013)

Music: Inner Ninja by Classified Feat. David Myles. Albums: Inner Ninja; Classified [113 bpm - 3:10 mins]

Introduction: 16 Counts - CCW rotation.

Alt. music: Christmas: Merry Christmas, I Love You by James Brown

**** Split Floor Dance: Funk Shui [Beginner Level]**

Sec. I (1- 8) SIDE, ACROSS, BUMP-&-BUMP, BACK-DRAG-BACK, TURN/RUN, RUN, RUN

1,2LEFT Step side L, RIGHT Step across front of L

3,&4LEFT Step forward diagonal L with hip bump, Hip Bump back , Hip Bump forward (weight on L)

5,&6RIGHT Step back with L heel dig (L toe off floor, LEFT Heel/Slide/Drag back, LEFT Step back (facing diagonal L)

7,&8 Turn 1/2 R with RIGHT Step forward, LEFT Step forward, RIGHT Step forward (facing diagonal L) [6 o'clock]

Sec. II (9-16) FORWARD, TURN, TURN, TURN, HITCH, ACROSS, BACK-TOG-ACROSS

1,2LEFT Step forward, Turn 1/2 R with RIGHT Step forward [in place] (facing diagonal L) [12 o'clock]

3,4 Turn 1/2 R with LEFT Step back, Turn 1/2 R with RIGHT Step forward (facing diagonal L)

5,6LEFT Knee/Hitch, LEFT Step across front of R (facing diagonal L)

7,&8RIGHT Step back with 1/2 Turn L, LEFT Step beside R, RIGHT Step across front of L [6 o'clock]

Sec. III (17-24) SIDE/ROCK, RECOVER/SIDE, CROSSING TRIPLE, BRUSH, FLICK, FORWARD, TURN

1,2LEFT Rock/Step side L, RIGHT Recover/Step side R (in place)

3,&4LEFT Crossing Triple side R (L across, R side, L across)

5,6RIGHT Brush/Toe/Ball forward diagonal R, RIGHT Brush/Flick/Kick back with 1/4 Turn L [3 o'clock]

7,8RIGHT Step forward, Turn 1/2 L with LEFT Step forward (in place) [9 o'clock]

Sec. IV (25-32) SIT/BACK, RECOVER/FORWARD, FORWARD-BACK-TOG, SIDE, SLIDE, SIDE, SLIDE **

1,2RIGHT Rock/Step back with R Knee bending (Sit), LEFT Recover/Step forward

3,&4RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step beside L

5,6LEFT Step side L, RIGHT Slide to beside L

7,8RIGHT Step side R, LEFT Slide to beside R

****Arms: Optional**

Count 1 - Both arms swing forward

Count 2 - Both arms pull back

Counts 5,7 - Both arms swing out to sides or forward [waist level]

Counts 6,8 - Both arms swing back in

Begin Again

Ending: You will end facing front wall on Counts 1,2; 3,&4 of Sec III. Then hit a POSE with a RIGHT Lunge side R

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