

Inner Ninja

32 Count, 4 Wall, Improver

Choreographer: Michele Perron (Can) Nov 2013

Choreographed to: Inner Ninja by Classified, feat. David Myles,
(113 bpm – Amazon, iTunes); Merry Christmas, I Love You by
James Brown

Introduction: 16 Counts

1- 8 SIDE, ACROSS, BUMP-&-BUMP, BACK-DRAG-BACK, TURN/RUN, RUN, RUN

- 1,2 LEFT Step side L, RIGHT Step across front of L
3,&,4 LEFT Step forward diagonal L with hip bump, Hip Bump back , Hip Bump forward (weight on L)
5,&,6 RIGHT 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) (6:0)

9-16 FORWARD, TURN, TURN, TURN, HITCH, ACROSS, BACK-TOG-ACROSS

- 1,2 LEFT Step forward, Turn 1/2 R with RIGHT Step forward [in place] (facing diagonal L) (12:00)
3,4 Turn 1/2 R with LEFT Step back, Turn 1/2 R with RIGHT Step forward (facing diagonal L)
5,6 LEFT Knee/Hitch, LEFT Step across front of R (facing diagonal L)
7,&,8 RIGHT Step back with 1/2 Turn L, LEFT Step beside R, RIGHT Step across front of L (6:00)

17-24 SIDE/ROCK, RECOVER/SIDE, CROSSING TRIPLE, BRUSH, FLICK, FORWARD, TURN

- 1,2 LEFT Rock/Step side L, RIGHT Recover/Step side R (in place)
3,&,4 LEFT Crossing Triple side R (L across, R side, L across)
5,6 RIGHT Brush/Toe/Ball forward diagonal R, RIGHT Brush/Flick/Kick back with 1/4 Turn L (3:00)
7,8 RIGHT Step forward, Turn 1/2 L with LEFT Step forward (in place) (9:00)

25-32 SIT/BACK, RECOVER/FORWARD, FORWARD-BACK-TOG, SIDE, SLIDE, SIDE, SLIDE **

- 1,2 RIGHT Rock/Step back with R Knee bending (**Sit**), LEFT Recover/Step forward
3,&,4 RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step beside L
5,6 LEFT Step side L, RIGHT Slide to beside L
7,8 RIGHT 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

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

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