

Inner Ninja

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate - Hip Hop
编舞者: Michele Perron (CAN) - November 2013
音乐: Inner Ninja (feat. David Myles) - Classified : (Album: Inner Ninja or Classified)



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

1,2 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 o'clock]

Sec. II (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 o'clock]
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 o'clock]

Sec. III (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 o'clock]
7,8 RIGHT 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 **

1,2 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

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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