

# Inner Ninja

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate - Hip Hop  
編舞者: Michele Perron (CAN) - November 2013  
音樂: 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

Contact: [michele.perron@gmail.com](mailto:michele.perron@gmail.com) - [micheleperron.com](http://micheleperron.com)

