

Inner Child



Choreographed by Ryan Hunt (April 2026)

Choreographed to 'Grown' by Nicky MacKenzie (3:18)

High Intermediate, 32 counts, 2 walls

Intro: 16 counts (after 12 seconds)

Sequence: 32, Tag 1, 32, Tag 2, 32, 32, Tag 2 + Tag 1, 32, 32

Cross, HOLD, Cross, HOLD, Mambo Forward, & 1/4 Point, Roll 1+1/4 w/ Sweep	
1-4	Cross L over R (1), HOLD (2), Cross R over L (3), HOLD (4)
5&6	Rock L forward (5), Recover R (&), Step L back (6)
&7	Make 1/4 R stepping R to R (&) [3:00], Point L to L (7)
8&1	Make 1/4 L stepping L forward (8) [12:00], Make 1/2 L stepping R back (&) [6:00], Make 1/2 L stepping L forward as you sweep R forward (1) [12:00]

Weave w/ Sweep, Behind 1/4, Pivot 1/2 x2, Step & 'Grow' w/ Hitch, Run x2	
2&3	Cross R over L (2), Step L to L (&), Cross R behind L as you sweep L from front to back (3)
4&	Cross L behind R (4), Make 1/4 R stepping R forward (&) [3:00]
5&6&	Step L forward (5), Pivot 1/2 R (&) [9:00], Step L forward (6), Pivot 1/2 R (&) [3:00]
7-8&	Step L forward as you slightly raise and hitch R knee (7), Run forward R (8), Run forward L (&)

Rock Forward, Recover, & 3/8 Walk x2, 5-Step Fallaway, 1/8 Side, Behind	
1-2	Rock R forward (1), Recover L (2)
&3-4	Make 3/8 R stepping onto R (&) [7:30], Walk L (3), Walk R (4)
5&6	Cross L over R (5), Make 1/8 L stepping R to R (&) [6:00], Make 1/8 L stepping L back (6) [4:30]
&7	Make 1/8 L stepping back on R (&) [3:00], Make 1/8 L stepping L forward (7) [1:30]
8&	Make 1/8 L stepping R to R (8) [12:00], Cross L behind R (&)

Sway x2, 1/4 Sweep, Touch w/ Dip, Run Back x2, 1/4 Side, Cross Unwind 1/2 w/ Arm Raise	
1-2	Step/Sway R to R (1), Recover/Sway L to L (2)
3-4	Make 1/4 R as you drag/sweep L (3) [3:00], Touch L next to R as you slightly dip knees (4)
5&6	Run back L (5), Run back R (&), Make 1/4 L stepping L to L (6) [12:00]
&7-8	Cross R over L (&), Unwind 1/2 L finishing with feet together (7) [6:00], HOLD [8] <i>Note: on counts 7-8, "grow" both arms up with palms facing up</i>

Tag1 – 16 Counts – Danced after Wall 1 facing 6:00 and straight after Tag 2 after Wall 4 facing 12:00!

Clock references apply from 12:00

Cross, HOLD, Cross, HOLD, Mambo Forward, & 1/4 Point, Roll 1+1/4 w/ Sweep	
1-4	Cross L over R (1), HOLD (2), Cross R over L (3), HOLD (4)
5&6	Rock L forward (5), Recover R (&), Step L back (6)
&7	Make 1/4 R stepping R to R (&) [3:00], Point L to L (7)
8&1	Make 1/4 L stepping L forward (8) [12:00], Make 1/2 L stepping R back (&) [6:00], Make 1/2 L stepping L forward as you sweep R forward (1) [12:00]

Weave w/ Sweep, Behind Side Cross, Sway x3	
2&3	Cross R over L (2), Step L to L (&), Cross R behind L as you sweep L from front to back (3)
4&5	Cross L behind R (4), Step R to R (&), Cross L over R (5)
6-7-8	Step/Sway R to R (6), Sway L to L (7), Sway R to R (8)

Tag2 – 8 Counts – Danced after Wall 2 facing 12:00 and after Wall 4 also facing 12:00!

Cross, HOLD, Cross, HOLD, Mambo Forward, & Back Drag, Ball Step	
1-4	Cross L over R (1), HOLD (2), Cross R over L (3), HOLD (4)
5&6	Rock L forward (5), Recover R (&), Step L back (6)
&7	Take a big step back on R (&), Drag L back to R (7)
&8	Step L in place (&), Step R forward (8)

Ending – On Wall 6, execute the last 8 counts slightly slower as the song builds to its crescendo.