

Self Control

64 count, 2 wall, intermediate level

Choreographer: Maggie Gallagher (UK), October 2006

Choreographed to: "Self Control" by Infernal (140 bpm), CD Single, 20 count intro – start on word "night"
downloadable track available, however this has a longer intro: 32 counts – start on word "night"

Section 1 Walk x 2, Side Rock, Touch, Weave Right, Touch, Unwind 1/2 Left

- 1-2 Walk forward right. Walk forward left
- &3-4 Rock right out to side. Recover onto left. Touch right beside left
- &5-6 Step right to right side. Cross left over right. Step right to right side
- 7-8 Touch left toe behind right. Unwind 1/2 turn left (weight ends on left)

Section 2 Walk x 2, Side Rock, Touch, Weave Right, Sailor 1/4 Turn Left

- 1-2 Walk forward right. Walk forward left
- &3-4 Rock right out to side. Recover onto left. Touch right beside left
- &5-6 Step right to right side. Cross left over right. Step right to right side
- 7& Cross left behind right. Make 1/4 turn left stepping right beside left
- 8 Step left to left side. (3:00)

Section 3 Weave Left, Low Diagonal Kick Ball Cross, 1/4 Left, 3/4 Triple Left

- 1-2 Cross right over left. Step left to left side
- 3& Cross right behind left. Step left to left side
- 4 Kick right forward in a low kick on a right diagonal
- &5-6 Step right beside left. Cross left over right. Turn 1/4 left stepping right back
- 7&8 Triple step 3/4 turn left, stepping - left, right, left. (3:00)

Note *Easy Option:* Replace 6-8 with Step right to side, left sailor step

Section 4 Weave Left, Right Heel Jack, Ball Cross Side, 1/2 Hinge Left Chasse

- 1-2 Cross right over left. Step left to left side
- 3& Cross right behind left. Step left to side
- 4 Tap right heel forward on a right diagonal
- &5-6 Step right beside left. Cross left over right. Step right to right side
- 7& 1/2 hinge turn left stepping left to side. Step right beside left
- 8 Step left to left side. (9:00)

Section 5 Cross Rock, Ball Cross, Hold, Side Rock & Cross x 2

- 1-2 Cross rock right over left. Recover onto left
- &3-4 Step right beside left. Cross left over right. Hold
- 5&6 Rock right to side. Recover onto left. Cross right over left (moving forward)
- 7&8 Rock left to side. Recover onto right. Cross left over right (moving forward)

Section 6 Chasse Right, Back Rock, Chasse Left, Back Rock

- 1&2 Step right to side. Close left beside right. Step right to side
- 3-4 Rock left back. Recover onto right
- 5&6 Step left to side. Close right beside left. Step left to side
- 7-8 Rock right back. Recover onto left

Section 7 Forward Rock, 1/2 Right, Ronde 1/4 Right, Cross Rock, Chasse Left

- 1-2 Rock right forward. Rock left back
- 3 Make 1/2 turn right stepping right forward
- 4 Ronde 1/4 turn right sweeping left in front of right. (6:00)
- 5-6 Cross rock left over right. Rock back onto right
- 7&8 Step left to side. Close right beside left. Step left to side

Section 8 Step, Pivot 1/2 Left, Walk x 2, Step, Pivot 1/2 Left, Kick Ball Step

- 1-2 Step right forward. Pivot 1/2 turn left. (12:00)
- 3-4 Walk forward right. Walk forward left
- 5-6 Step right forward. Pivot 1/2 turn left. (6:00)
- 7&8 Kick right forward. Step right beside left. Step left forward

Quelle:

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