

# Self Control

Count: 32

Wand: 4

Ebene: Newcomer

Choreograf/in: Chatti the Valley (ES) - January 2016

Musik: Self Control - Infernal



Intro: 32

Alt. music: "Self Control" de Soraya - Intro: 16+32 - Bpm: 112

**[1-8]: Right MAMBO CROSS, Left CHASSE ¼ TURN, Right MAMBO ROCK, Left COASTER STEP.**

- 1 Step right to right side
- & Recover weight on left foot
- 2 Cross right over left
- 3 Step left to left side
- & Step right beside left foot
- 4 ¼ turn left, step forward on left foot (9:00)
- 5 Step forward on right foot
- & Recover weight on left foot
- 6 Step right back
- 7 Step left back
- & Step right back, beside left foot
- 8 Step forward on left foot

**[9-16]: Right & Left BUMP & STEPS, Right MAMBO CROSS ¼ TURN, Left CHASSE ¼ TURN.**

- 1 Touch right toe forward, hip bump right
- 2 Down heel, step right
- 3 Touch left toe forward, hip bump left
- 4 Down heel, step left
- 5 Step forward on right
- & ¼ turn left, weight on left foot (6:00)
- 6 Cross right over left
- 7 Step left to left side
- & Step right beside left foot
- 8 ¼ turn right, step left back (9:00)

**[17-24]: Right COASTER STEP, Left SHUFFLE, Right & Left SKATES, Right STEP, ½ TURN & KICK.**

- 1 Step right back
- & Step left back, beside right foot
- 2 Step right forward
- 3 Step left forward
- & Step right forward, near left foot
- 4 Step left forward
- 5 Swivel to right with right foot
- 6 Swivel to left with left foot
- 7 Step right forward
- 8 ½ turn left, weight on right foot, Kick left forward (3:00)

**[25-32]: Left COASTER STEP, Right SHUFFLE, Left Side ROCK STEP, CROSS SHUFFLE.**

- 1 Step left back
- & Step right back, beside left foot
- 2 Step left forward
- 3 Step right forward

- & Step left forward, near right foot
- 4 Step right forward
- 5 Step left to left side
- 6 Recover weight on right foot
- 7 Cross left over right
- & Step right to right side
- 8 Cross left over right

**START AGAIN**

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