

Self Control EZ Cha

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Harry Heng (INA) - May 2020

Musik: Self Control - Soraya



Intro : 48 Counts - 1 Restart On Wall 7 Dance Only 24 Counts

I : Side, Chasse , Cross, Chasse ¼ Turn L

- 1 – 2 Step R To Side (1) , Close L Beside R (2)
- 3 & 4 Step R To Side (3), Close L Beside R (&), Step R To Side (4)
- 5 - 6 Cross L Over R (5), Recover On R (6)
- 7 & 8 Step L To Side (7), Close R Beside L (&), Make ¼ Turn L N Step L Forward (8)

II : Point Hook, Forward Shuffle 2x

- 1 - 2 Point R Forward (1), Hook R (2),
- 3 & 4 Step R Forward (3) , Lock L Behind R (&), Step R Forward (4)
- 5 - 6 Point L Forward (5), Hook R (6),
- 7 & 8 Step L Forward (7) , Lock R Behind L (&), Step L Forward (8)

III : Make ¼ Turn Left, Cross Shuffle, Side Rock, Behind Side Cross

- 1 - 2 Step R Forward (1), Turn ¼ L Step L To Side (2),
- 3 & 4 Cross R Over L (3), Step L To Side (&), Cross R Over L (4)
- 5 - 6 Rock L To Side (5), Recover On R (6)
- 7 & 8 Cross L Behind R (7), Step R To Side (&), Cross L Over R (8)

Restart On Wall 7 After 24 Counts Facing 12:00 To Start

IV : Paddles 2x, Jazzbox

- 1 – 2 Step R Forward (1), Make ¼ L Turn Step L To Side (2)
- 3 - 4 Step R Forward (3), Make ¼ L Turn Step L To Side (4)
- 5 - 8 Cross R Over L (5) , Step L Back (6), Make ¼ R Stepping R Forward (7), Close L Beside R (8)