

# Self Control

Count: 48

Wand: 3

Ebene: Low Intermediate

Choreograf/in: Diannagari (INA), Rosseta (INA), Nicken (INA) & Arywidly (INA) - August 2022

Musik: Self Control - Bebe Rexha



Intro: 8C

Tag 16c after wall 4

\*\*2 Restarts - on wall 1 after 32C & on wall 5 after 16C

## \*S1# SIDE LUNGE WITH SHOW INDEX FINGER - RECOVER - FORWARD SHUFFLE - FORWARD ROCK-SHUFFLE 1/2 TURN LEFT\*

- 1-2 step R to side with the right leg bent and the body tilted leaning to the right (right index finger pointing straight moving from left to right), Recover on L
- 3&4 Step R forward, Step L beside R, Step R forward
- 5-6 Step L forward, Recover on R
- 7&8 ¼ Turn left step L to side (09.00), Step R beside L, ¼ turn left step L forward (06.00)

## \*S2# (CROSS ROCK - SIDE)RL - FORWARD - FORWARD WITH SWEEP - 1/2 UNWIND TO LEFT\*

- 1-2& Cross R over L, Recover on L, Step R to side
- 3-4& Cross L over R, Recover on R, Step L to side
- 5-6 Step R forward , sweep L from back to front
- 7-8 Cross touch R over L, 1/2 turn Left step R in place (12.00)

## \*S3# DOROTHY RL - PIVOT 1/4 TO LEFT - MODIFIED WEAWE\*

- 1 - 2 & Step R diagonally forward to right, Cross L behind R, step R diagonally forward to right
- 3 - 4& Step L diagonally forward to left, Cross R behind L, step L diagonally forward to left
- 5 - 6 Step R forward, 1/4 turn left recover on L (09.00)
- 7&8& Cross R over L, step L to side, cross R behind L, step L to side

## \*S4# MODIFIED VAUDEFILLE RL - PIVOT 1/2 TO LEFT - FLICK - MODIFIED ROCKING CHAIR\*

- 1&2& Cross R over L, Step L to side, Touch heel R diagonally forward to right, Close R together
- 3&4& Cross L over R, Step R to side, Touch heel L forward to left, Close L together
- 5-6 Step R forward, 1/2 turn left recover on L with R flick (03.00)
- 7&8& Step R forward, Recover on L, Step R backward, Recover on L

## \*S5# BOTAFOGO RL- 1/2 UNWIND TO LEFT - CROSS SHUFFLE\*

- 1&2 Cross R over L, Ball of L to side, Step R in place
- 3&4 Cross L over R, Ball of R to side, Step L in place
- 5-6 Cross touch R over L, 1/2 turn left tap R in place(09.00)
- 7&8 Cross R over L, Step L together, Cross R over L

## \*S6# SIDE ROCK - BEHIND - SIDE - CROSS - HEEL TOUCH RL - HEEL SWIVEL\*

- 1-2 Step L to side left , Recovered on R
- 3 & 4 Cross L behind R, Step R to side , Step L forward
- 5 & 6 Touch heel R forward, Close R together , Touch heel L forward, Close L together
- 7 & 8 Touch R toe forward, Move heel R to right with bump hip to right center , Move heel to left back to center with hip back to center

## Tag : BOTAFOGO RL - UNWIND TO LEFT - CROSS SHUFFLE

- 1&2 Cross R over L, Ball of L to side, Step R in place
- 3&4 Cross L over R, Ball of R to side, Step L in place
- 5 - 6 Cross touch R over L, 1/2 turn left tap R in place (12.00)
- 7&8 Cross R over L, Step L together, Cross R over L

**SIDE ROCK - BEHIND - CROSS - HEEL TOUCH RL - HEEL SWIVEL**

1 -2 Step L to side left, Recover on R

3&4 Cross L behind R, Step R to side, Step L forward

5&6 Touch heel R forward, Close R together, Touch heel L forward, Close L together

7&8 Touch R toe forward, Move heel R to right with bump hip to right center, Move heel to left back to center with hip back to center

**\*Ending on wall 6, replace counts 15-16 (1/2 Cross Unwind) with:**

**Step RF forward (15), Make ¼ turn left recover on L (16) to face 12:00 and pose**

**Last Update: 23 Dec 2022**

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