

Control Yourself

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Colin Tremain (UK)

Musik: Self Control (W.C./Euro-Mix) - First Love



40 count intro. Start on words "Oh the night"

RIGHT & LEFT TOE, HEEL SWITCHES, STEP, STEP, FORWARD SHUFFLE

- 1&2& Touch right toe to right, step right beside left, touch left heel forward, step left beside right
3&4& Repeat as counts 1&2&
5-6 Step forward on right, step forward on left
7&8 Forward shuffle right, left, right

STEP, ROCK, ¾ TRIPLE TURN LEFT, STEP, ROCK, COASTER,

- 9-10 Step forward on left, rock back onto right
11&12 ¾ triple turn to left stepping left, right, left
13&14 Step forward on right, rock back onto left
15&16 Step back on right, step back on left, step forward on right

LEFT & RIGHT TOE, HEEL SWITCHES, STEP, STEP, FORWARD SHUFFLE

- 17&18& Touch left toe to left, step left beside right, touch right heel forward, step right beside left
19&20& Repeat as counts 17&18&
21-22 Step forward on left, step forward on right
23&24 Forward shuffle left, right, left

STEP, ROCK, ½ TRIPLE TURN RIGHT, STEP, ROCK, COASTER CROSS

- 25-26 Step forward on right, rock back on left
27&28 ½ triple turn to right stepping right, left, right
29-30 Step forward on left, rock back onto right
31&32 Step back on left, step back on right, cross left over right

SIDE, BEHIND, STEP HEEL STEP CROSS, LEFT SIDE SHUFFLE, BACK ROCK

- 33-34& Step right to right, step left behind right, step right to right
35&36 Touch left heel to left diagonal, step left beside right, cross right over left
37&38 Step left to left, close right to left, step left to left
39-40 Rock back on right, rock forward onto left

STEP, ½ PIVOT, ½ TRIPLE TURN LEFT, COASTER, FORWARD SHUFFLE

- 41&42 Step forward on right, turn ½ turn to left onto left
43&44 ½ triple turn to left stepping right, left, right
45&46 Step back on left, step back on right, step forward on left
47&48 Forward shuffle right, left, right

HEEL BALL CROSS TWICE, SIDE, ROCK, CROSS SHUFFLE

- 49&50 Touch left heel forward, step left beside right, cross right over left
51&52 Repeat as counts 49&50
53-54 Step left to left, rock onto right in place
55&56 Cross left over right, step right to right, cross left over right

¼ TURN RIGHT, ¼ TURN RIGHT, SAILOR ¼ TURN RIGHT, ¼ TURN SIDE SHUFFLE, BACK ROCK

- 57-58 Step right ¼ turn right, step left ¼ turn right
59&60 Step right behind left, step left ¼ turn to right, step forward on right

61&62 Step left ¼ turn to right, close right to left, step left to left
63-64 Rock back on right, rock forward onto left

REPEAT

RESTART

Following the 3rd repetition, dance counts 1-48 as per script, then add an extra count by quickly stepping onto the left foot & restarting from the beginning. This section therefore becomes counts 1-48a & occurs once only, the restart taking place on the 12:00 wall.
