

Self Control

Count: 32

Wall: 4

Level:

Choreographer: Peter Storey (AUS) - May 2021

Music: Self Control (Extended Version) - Laura Branigan



WALK FWD 3, KICK, WALK BWD 3, TOUCH

- 1-4 Walk forward R L R & kick L forward
- 5-8 Walk backward L R L & touch R beside L

STEP FWD, LOCK, STEP FWD & SCUFF X2

- 1-4 Step forward R, Lock L behind R Step forward R Scuff L
- 5-8 Step forward L, Lock R behind L Step forward L Scuff R

VINE RIGHT STEP, JAZZ BOX IN PLACE WITH LEFT TOUCH ENDING

- 1-2 Step right foot to right side, step left foot crossed behind right
- 3-4 Step right foot to right side, step onto left foot
- 5-8 Step right foot across front of left, step back with left foot, step right foot to right side, Touch left foot beside right

VINE LEFT TOUCH, JAZZ BOX ¼ TURN RIGHT

- 1-2 Step left foot to left side, step right foot crossed behind left
- 3-4 Step left foot to left side, touch right foot beside left
- 5-8 Step right foot across front of left, step back with left foot, turn ¼ right, step right foot to right side, step slightly forward with left foot

REPEAT WHOLE SEQUENCE

No Tag/Restart
