

# Self Control (自我控制) (zh)

COPPER KNOB  
BY SHEETS

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Maggie Gallagher (UK) - 2008年07月

Musique: Self Control - Infernal



前奏 : Intro: 20 counts (13 secs) Start on the word "Night"

**第一段 Walks, Side Rock, Recover, Touch, Weave Right, Unwind 1/2 Turn Left**  
走, 側下沉, 回復, 點, 右藤步, 左轉1/2

1,2 Walk Forward Right, Walk Forward Left [12]  
右前走步, 左前走步(12點鐘)

&3,4 Rock Out To Right Side, Recover Onto Left, Touch Right Next To Left  
右足右下沉, 左足回復, 右足併點

&5,6 Step Right To Right Side, Cross Left Over Right, Step Right To Right Side 右足右踏, 左足於右足前交叉踏, 右足右踏

7,8 Touch Left Toe Behind Right, Unwind 1/2 Turn Left (Ending With Weight On Left) [6] 左足趾於右足後點, 左轉180度(重心在左足)(6點鐘)

**第二段 Walks, Side Rock, Recover, Touch, Weave Right, Sailor 1/4 Turn Left**  
走, 側下沉, 回復, 點, 右藤步, 左轉1/4水手步

1,2 Walk Forward Right, Walk Forward Left [6]  
右前走步, 左前走步(6點鐘)

&3,4 Rock Out To Right Side, Recover Onto Left, Touch Right Next To Left  
右足右下沉, 左足回復, 右足併點

&5,6 Step Right To Right Side, Cross Left Over Right, Step Right To Right Side 右足右踏, 左足於右足前交叉踏, 右足右踏

7&8 Cross Left Behind Right, Make 1/4 Turn Left Stepping Right Beside Left, Step Left To Left Side [3]  
左足於右足後交叉踏, 左轉90度右足併踏, 左足左踏(3點鐘)

**第三段 Weave Left, Low Diagonal Kick Right-Ball-Cross, [1/4 Left, 3/4 Triple Left] 左藤步, 略右斜角踢交叉交換, 左轉1/4, 小三步左轉3/4**

1,2 Cross Right Over Left, Step Left To Left Side  
右足於左足前交叉踏, 左足左踏

3&4 Cross Right Behind Left, Step Left To Left Side, Kick Right Forwards In A Low Kick On A Right Diagonal  
右足於左足後交叉踏, 左足左踏, 右足右斜角線前略踢

&5,6 Step Right Next To Left, Cross Left Over Right, 1/4 Turn Left Stepping Back On Right [12]  
右足併踏, 左足於右足前交叉踏, 左轉90度右足後踏(12點鐘)

7&8 3/4 Triple Turn Left (L,R,L) [3]  
小三步左轉270度-左, 右, 左(3點鐘)  
(Easy Option 6,7&8 – Step Right To Right Side, Left Sailor Step)  
6,7&8簡易版-右足右踏, 左水手步

**第四段 Weave Left, Right Heel Jack, Ball-Cross-Side, 1/2 Hinge Left-Chasse Left 左藤步, 右踵點, 踏-交叉-側, 左鏈轉1/2-左追步**

1,2 Cross Right Over Left, Step Left To Left Side  
右足於左足前交叉踏, 左足左踏

3&4 Cross Right Behind Left, Step Left To Left Side, Tap Right Heel Forward On A Right Diagonal  
右足於左足後交叉踏, 左足左踏, 右足踵右斜角線前點

- &5,6 Step Right Next To Left, Cross Left Over Right, Step Right To Right Side, 右足併踏, 左足於右足前交叉踏, 右足右踏
- 7&8 1/2 Hinge Turn Left Stepping Left To Left Side, Step Right Next To Left, Step Left To Left Side [9] 左轉180度左足左踏, 右足併踏, 左足左踏(9點鐘)
- 第五段 Cross Rock, Recover, Ball-Cross, Hold, Rock & Crosses 交叉下沉, 回復, 踏-交叉, 候, 下沉 & 交叉**
- 1,2 Cross Rock Right Over Left, Recover Onto Left 右足於左足前交叉下沉, 左足回復
- &3,4 Step Right Next To Left, Cross Left Over Right, HOLD 右足併踏, 左足於右足前交叉踏, 候
- 5&6 Rock Out To Right Side, Recover Onto Left, Cross Right Over Left (Moving Forwards) 右足右下沉, 左足回復, 右足於左足前交叉踏(向前移)
- 7&8 Rock Out To Left Side, Recover Onto Right, Cross Left Over Right (Moving Forwards) 左足左下沉, 右足回復, 左足於右足前交叉踏(向前移)
- 第六段 Right Side Chasse, Rock Back, Recover, Left Side Chasse, Rock Back, Recover 右追步, 後下沉, 回復, 左追步, 後下沉, 回復**
- 1&2 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side 右足右踏, 左足併踏, 右足右踏
- 3,4 Rock Back On Left, Recover Onto Right 左足後下沉, 右足回復
- 5&6 Step Left To Left Side, Step Right Next To Left, Step Left To Left Side 左足左踏, 右足併踏, 左足左踏
- 7,8 Rock Back On Right, Recover Onto Left 右足後下沉, 左足回復
- 第七段 Rocks Forward & Back, 1/2 Right, Ronde 1/4 Right, Cross Rock, Recover, Left Side Chasse 前 & 後下沉, 右1/2, 右1/4, 交叉下沉, 回復, 左追步**
- 1,2 Rock Forward On Right, Rock Back On Left 右足前下沉, 左足後下沉
- 3,4 1/2 Turn Right Stepping Forward On Right, Ronde 1/4 Turn Right Sweeping Left In Front Of Right [6] 右轉180度右足前踏, 右轉90度左足繞至右足前(6點鐘)
- 5,6 Cross Rock Left Over Right, Rock Back Onto Left 左足於右足前交叉下沉, 左足後下沉
- 7&8 Step Left To Left Side, Close Right Next To Left, Step Left To Left Side 左足左踏, 右足併踏, 左足左踏
- 第八段 Step, 1/2 Pivot Left, Walks Forward, Step, 1/2 Pivot Left, Right Kick-Ball-Step 踏, 左轉1/2, 前走步, 踏, 左轉1/2, 右踢交換**
- 1,2 Step Forward On Right, 1/2 Pivot Turn Left [12] 右足前踏, 左轉180度(12點鐘)
- 3,4 Walk Forward Right, Walk Forward Left 右前走, 左前走
- 5,6 Step Forward On Right, 1/2 Pivot Turn Left [6] 右足前踏, 左轉180度(6點鐘)
- 7&8 Kick Forward On Right, Step Right Next To Left, Step Forward On Left 右足前踢, 右足併踏, 左足前踏
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