

# Self Control

拍数: 32      墙数: 4      级数: Newcomer  
编舞者: Chatti the Valley (ES) - January 2016  
音乐: Self Control - Infernal



Intro: 32

Alt. music: "Self Control" de Soraya - Intro: 16+32 - Bpm: 112

[1-8]: Right MAMBO CROSS, Left CHASSE ¼ TURN, Right MAMBO ROCK, Left COASTER STEP.

1            Step right to right side  
&            Recover weight on left foot  
2            Cross right over left  
3            Step left to left side  
&            Step right beside left foot  
4            ¼ turn left, step forward on left foot (9:00)  
5            Step forward on right foot  
&            Recover weight on left foot  
6            Step right back  
7            Step left back  
&            Step right back, beside left foot  
8            Step forward on left foot

[9-16]: Right & Left BUMP & STEPS, Right MAMBO CROSS ¼ TURN, Left CHASSE ¼ TURN.

1            Touch right toe forward, hip bump right  
2            Down heel, step right  
3            Touch left toe forward, hip bump left  
4            Down heel, step left  
5            Step forward on right  
&            ¼ turn left, weight on left foot (6:00)  
6            Cross right over left  
7            Step left to left side  
&            Step right beside left foot  
8            ¼ turn right, step left back (9:00)

[17-24]: Right COASTER STEP, Left SHUFFLE, Right & Left SKATES, Right STEP, ½ TURN & KICK.

1            Step right back  
&            Step left back, beside right foot  
2            Step right forward  
3            Step left forward  
&            Step right forward, near left foot  
4            Step left forward  
5            Swivel to right with right foot  
6            Swivel to left with left foot  
7            Step right forward  
8            ½ turn left, weight on right foot, Kick left forward (3:00)

[25-32]: Left COASTER STEP, Right SHUFFLE, Left Side ROCK STEP, CROSS SHUFFLE.

1            Step left back  
&            Step right back, beside left foot  
2            Step left forward  
3            Step right forward

- & Step left forward, near right foot
- 4 Step right forward
- 5 Step left to left side
- 6 Recover weight on right foot
- 7 Cross left over right
- & Step right to right side
- 8 Cross left over right

**START AGAIN**

Contact: [nupican@hotmail.com](mailto:nupican@hotmail.com)

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