

# Self Control 2020

COPPERKNOB  
BY STEPHENETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: KyungOk Kim (KOR) - December 2020  
音乐: Self Control - Soraya



**Intro: After 16 Counts**

**Intro Dance: 32 Count**

**SEC1: FWD STEP, SIDE POINT - R, L, R, L**

1-4                      RF step forward, LF side point, LF step forward, RF side point

5-8                      RF step forward, LF side point, LF step forward, RF side point

**SEC2: BWD STEP, SIDE POINT - R, L, R, L**

1-4                      RF step backward, LF side point, LF step backward, RF side point

5-8                      RF step backward, LF side point, LF step backward, RF side point

**SEC3: ROLLING VINE TOUCH WITH CLAP - R, L**

1-2                      RF step forward 1/4 turn to R, LF step backward 1/2 turn to R

3-4                      RF step side 1/4 turn to R, LF touch next to RF with clap

5-6                      LF step forward 1/4 turn to L, RF step backward 1/2 turn to L

7-8                      LF step side 1/4 turn to L, RF touch next to LF with clap

**SEC4: FWD WALKS (R, L, R) & KICK, BWD WALKS (L, R, L) & BEHIND CROSS TOUCH**

1-4                      RF step forward, LF step forward, RF step forward, LF kick forward

5-8                      LF step backward, RF step backward, LF step backward, RF touch behind cross

**MAIN DANCE: 32 Count**

**SEC1: SIDE, CLOSE, CHASSE, 1/4 TURN SIDE, CLOSE, CHASSE**

1-2                      RF step side, LF step close next to RF

3&4                      RF step side, LF step close next to RF, RF step side

5-6                      LF step 1/4 turn to L side, RF step close next to LF (3:00)

7&8                      LF step side, RF step close next to LF, LF step side

**SEC2: SIDE, TOUCH, IN PLACE WITH HIP SWAY**

1-4                      RF step side, LF lift heel and L hip bump, LF step side, RF lift heel and R hip bump

5-6                      RF step close beside LF with hip sway R, LF step in place with hip sway L

7-8                      RF step in place with hip sway R, LF step in place with hip sway L (3:00)

**SEC3: PIVOT 1/2 L, FWD LOCKSTEP, DIAGONAL STEP, TOUCH**

1-2                      RF step forward, LF pivot 1/2 turn to L (weight on LF)

3&4                      Rf step forward, LF behind cross next to RF, RF step forward

5-8                      LF step diagonal L, RF touch next to LF, RF step diagonal R, LF touch next to RF (9:00)

**\* Restart here - In Wall 7 after 24 Counts (facing 3:00)**

**\*8 instead of LF touch - LF step next to RF (weight on LF)**

**SEC4: SIDE ROCK, RECOVER, IN PLACE, SYNCOPATED SIDE ROCK, FLICK BEHIND**

1-2                      LF step side rock, RF step recover

3&4                      LF step close next to RF, RF step in place, LF step in place

5&6                      RF step side rock, LF step recover, RF step close next to LF

7-8                      LF step side, RF flick behind LF

**START AGAIN - ENJOY THE DANCE**

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